Programs for Seniors

Nova Scotia

Senior Citizens'
Secretariat

FIFTH EDITION 1989-90

Programs for Seniors

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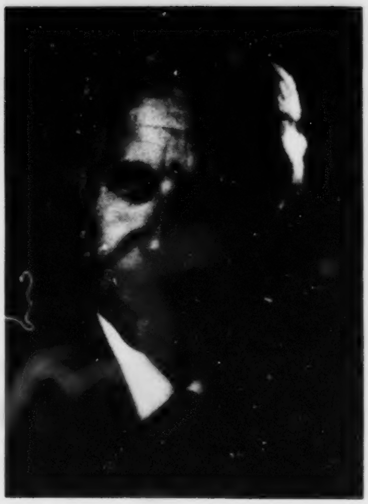

A Message from Premier Buchanan

Senior citizens devoted decades to developing a stronger province for their sons and daughters. The government I lead recognizes this extraordinary contribution and is determined to honour the debt to our seniors.

Helping our seniors maintain their independence continues to be a key goal of the provincial government. To this end, I am pleased to take this opportunity of reaffirming our government's commitment to the broad range of seniors' programs described in this book. We are also determined to improve these programs to further enrich the lives of seniors.

Through the work of the Senior Citizens' Secretariat, the Senior Citizens' Commission and an Inter-departmental Committee of Deputy Ministers, we have established a co-ordinated, comprehensive home care program for Nova Scotians.

The provincial government has taken steps to protect the "family home", a great concern to many of our seniors. As a result of legislation introduced by the government, Nova Scotians moving into a home for special care will no longer be required to surrender the family home.

Our government will be doing all within our resources to provide seniors with the lifestyle by which they can continue to play a major contributing role in the betterment of our province.

I trust you will find this booklet helpful in keeping you informed and answering your questions about services and programs for seniors available in Nova Scotia today.

Sincerely,

John M. Buchanan, P.C., Q.C.

Senior Citizens' Secretariat

If you have suggestions or questions regarding the content of this publication or if you require additional copies, please contact any of the following at the telephone numbers shown:

Fred R. MacKinnon, Director	424-6322
Valerie J. White, Coordinator	424-4649
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Mrs. Virginia Walzak, Helpline	424-4710

Our Mailing Address is:

P.O. Box 2065
Halifax, Nova Scotia
B3J 2Z1

The offices of the Secretariat are located on the 4th floor of the Dennis Building, 1740 Granville Street, Halifax.

If you wish to call at the office regarding any matter, staff will be pleased to see you.

IMPORTANT NOTICE

Toll-Free Number for Seniors

A toll-free telephone number is available for all senior citizens residing in Nova Scotia. This means seniors will incur no long distance charges for calls to the Secretariat. Seniors or persons acting on their behalf may call this toll-free number with any concerns or questions, and the Secretariat will be pleased to provide the appropriate assistance and information.

If you live outside the free calling area (Halifax-Dartmouth region) dial **1-424-0065**. If you live in the free calling area (Halifax-Dartmouth region) dial **424-0065**.

A telephone answering machine will record all requests and messages received after hours and on weekends or holidays; and these will be answered promptly the next working day.

Personal Record

NAME ______________________________
ADDRESS ______________________________
____________________ POSTAL CODE __________
____
TELEPHONE NUMBER ____________________
SOCIAL INSURANCE NUMBER ____________________
MEDICAL INSURANCE NUMBER ____________________
OLD AGE SECURITY (PENSION) NUMBER ____________________

NAME, ADDRESS AND TELEPHONE NUMBER OF:
RELATIVE ______________________________
FRIEND ______________________________

NAME, ADDRESS AND TELEPHONE NUMBER OF:
DOCTOR ______________________________
LAWYER ______________________________
CLERGY ______________________________
SOCIAL WORKER OR SENIOR CITIZENS' COUNSELOR ____________
____

OTHER TELEHONE NUMBERS:
HEALTH DEPARTMENT OR UNIT ____________________
HOME LIFE SUPPORTS ____________________
DRUG STORE ______________________________
CLUBS AND CENTRES ____________________
____

Emergency Telephone Numbers

AMBULANCE ____________	HOSPITAL ____________
CRISIS CENTRE ____________	POISON CONTROL ____________
FIRE AND INHALATOR ____________	POLICE ____________

If you can't dial the number yourself, dial "0" for Operator and say "This is an emergency." Give the Operator the name of the place where help is needed. Give the exact location of the emergency, if possible.

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The Senior Citizens' Secretariat

In February 1980, the Honourable Jack MacIsaac, Minister of Municipal Affairs and Minister in Charge of the Nova Scotia Housing Commission at that time, announced the forming of a Secretariat on Aging in the Provincial Government. Legislation was introduced at the 1980 Session of the Nova Scotia Legislature providing for the establishment of the Secretariat. The Act designated the Ministers of Social Services, Health, Municipal Affairs and the Minister charged with the Administration of the Housing Development Act as constituting the Secretariat, with the Governor-in-Council having the authority to add other persons from time to time.

The Minister of Education and the Minister of Culture, Recreation and Fitness were added to the membership of the Secretariat on August 17, 1982. Their respective departments provide programs of interest and benefit to seniors.

The Act states that the objective and purpose of the Secretariat is to facilitate the planning and development of services and programs for seniors by coordinating plans, policies and programs presented by the departments of the Provincial Government, and by developing plans, policies and programs for and with seniors in partnership with the responsible departments of government and other provincial bodies (such as the Nova Scotia Senior Citizens' Commission and voluntary seniors' groups).

The Minister of Mines and Energy is Chairman of the Secretariat.

The offices of the Secretariat are located on the 4th floor of the Dennis Building, 1740 Granville Street.

The mailing address is

P.O. Box 2065
Halifax, Nova Scotia
B3J 2Z1

The telephone numbers are 424-4649, 424-4737, 424-5329, and 424-6322.

The toll-free number for information for seniors is 1-424-0065.

The members of the Secretariat are

Honourable Jack MacIsaac
Chairman
Minister of Mines & Energy

Honourable Roger Bacon
Minister of Housing

Honourable Ron Giffin
Minister of Education

Honourable Joel Matheson
Minister of Advanced Education and Job Training

Honourable Greg Kerr
Minister Responsible for the Sport and Recreation Commission

Honourable David Nantes
Minister of Health and Fitness

Honourable Guy LeBlanc
Minister of Community Services

Honourable Brian Young
Minister of Municipal Affairs

Nova Scotia Senior Citizens' Commission

The Nova Scotia Senior Citizens' Commission was authorized by the Senior Citizens' Social Services Act of 1972.

The functions and powers of the Commission, as outlined under the Act, are as follows:

a) to conduct, direct and promote fact-finding studies and research related to aging;

b) to seek out and encourage persons interested in providing voluntary services to citizen groups concerned with aging;

c) to promote new activities and social services for senior citizens through voluntary agencies and through all levels of Government as may be deemed appropriate;

d) to perform any duties assigned to the Commission by the Governor-in-Council or the Minister.

The members of the Senior Citizens' Commission appointed by the Executive Council are as follows:

Jack Glassey
Chairman
76 Roosevelt Avenue
Truro, Nova Scotia B2N 5C1
Telephone: 895-4538

Rev. W. Grant MacDonald
Vice-Chairman
Dartmouth, Nova Scotia

Wilfred Wallis
Pictou, Nova Scotia

Philip Nash
Glace Bay, Nova Scotia

Rev. J. Melville Scott
Halifax, Nova Scotia

Mrs. Edith Harvie
Halifax, Nova Scotia

Mrs. Bertha Frison
Reserve Mines, Nova Scotia

Rev. William VanZoost
Yarmouth, Nova Scotia

Hugh Walker
New Ross, Nova Scotia

Mrs. Mary Vaughan
Halifax, Nova Scotia

Herman Hartlin
East Jeddore, Nova Scotia

Mrs. Ada Organ
Dartmouth, Nova Scotia

Winnifred Rockwell
Wolfville, Nova Scotia

Fred Wildsmith
Port Hawkesbury, Nova Scotia

Mrs. Erma White
Maitland, Nova Scotia

Mrs. Ruth Jago
Centreville, Nova Scotia

Mrs. Doris Black
Baddeck, Nova Scotia

Hedley Ivany
Halifax, Nova Scotia

The Coordinator is

Allan Clark
Department of Community Services
P.O. Box 696
Halifax, Nova Scotia B3J 2T7
Tel: 424-4455

Other representative members of the Commission are

Dan MacLean
Department of Advanced Education and Job Training

Don Burgoyne
Department of Education

Valerie White
Senior Citizens' Secretariat

Canadian Pensioners Concerned Incorporated Nova Scotia Division

Canadian Pensioners Concerned Incorporated is a multi-generational, voluntary organization with members (mainly retired persons) who work for older Canadians — regardless of race, colour, sex, creed or political affiliation — who are being seriously affected by inadequate incomes, inflation, taxes, home and health care, housing and transportation arrangements. The organization has provincial divisions with associated councils, clubs and groups, which in turn have local working chapters and their associated councils, clubs and groups. The Nova Scotia Division, established in 1971 and incorporated in 1974, is non-profit and non-partisan. It endeavours to achieve its aims by collecting and distributing facts obtained from reliable sources by means of reports, briefs, meetings and workshops. Efforts are made to involve as many retired, semi-and pre-retired people and other interested people as possible with emphasis on the importance of an integenerational mix.

Membership fees for Canadian Pensioners Concerned Incorporated are as follows:

Individual Membership	$ 5.00
Married Couples	$ 8.00
Associated Clubs	$20.00
Single Groups and Councils	$25.00
Senior Councils with Clubs	$10.00 and $15.00 per club

Membership cards are provided for individual members of associated clubs for an additional 50¢.

PUBLICATIONS

Programme for action, Halifax, 6th revision, 1986. Policy, goals, background. Provides self-help telephone numbers. In process of revision.

A Brief History of Nova Scotia Activities 1971-1980, Halifax, January, 1981. 2nd ed. 18 p. $3.00

Brief Outline of Activities and Development, 1971-1987. Preliminary to new edition. 16 p. $3.50 (photocopying and handling).

Revised edition of the listing, 1971-1988. In preparation.

The Law and Older Nova Scotians: A Handbook about Federal and Nova Scotia Law and Related Information, Halifax, January, 1983 and April, 1988 Update. 95 p. Price for Pensioners: $3.00 plus cost of mailing – $2.00.

Further information may be obtained by contacting:

Canadian Pensioners Concerned Incorporated
(Nova Scotia Division)
Tower 1, Suite 103
Halifax Shopping Centre
7001 Mumford Road
Halifax, Nova Scotia, B3L 4N9
Telephone: 455-7684
Contact: M. Doreen E. Fraser, President

The Federation of Senior Citizens and Pensioners of Nova Scotia

The Federation of Senior Citizens and Pensioners of Nova Scotia was organized in 1973. The Federation is a democratic, non-policital, non-sectarian organization composed of senior citizens' clubs and councils in Nova Scotia. It is affiliated with the National Federation of Senior Citizens and Pensioners. Delegates regularly attend conventions and other events pertaining to senior citizens' and pensioners' affairs. Registered membership in the Nova Scotia branch represents the active affiliation of 130 clubs and councils from all areas of the Province.

The objectives of the Federation are:

1. To present a new image of the active senior citizens' involvement in the community.
2. To promote a range of services that enable seniors to function and remain in their homes for as long as possible.
3. To promote a range and choice of living accommodations when seniors are unable to remain in their own homes.
4. To obtain adequate income for seniors.
5. To promote transportation services that are usable and accessible.
6. To act as an effective voice in making known to the proper authorities the needs of older people in Nova Scotia, through affiliation with the National Organization.
7. To request improvement in social and recreational programs for seniors.
8. To request adequate medical and drug services for seniors.

9. To develop a closer relationship with other bodies and organizations sharing similar objectives and concerns.

For further information contact:

The Federation of Senior Citizens and Pensioners
16 D'Aubin Lane
Kentville, Nova Scotia
B4N 2X7
Contact: Al Foley, President
Telephone: 678-2071
or
Mrs. Bertha Frison,
Secretary-Treasurer
Reserve Mines, Nova Scotia
B0A 1V0
Telephone: 849-8473

Gerontology Association of Nova Scotia

The Gerontology Association of Nova Scotia is a multi-disciplinary association established in 1977 to provide leadership in matters related to issues of aging. The Association grew out of the interest and needs of many people working in the field of aging throughout the Province.

The aims and objectives of the Association are as follows:

1. To provide opportunities for personnel working in the field to meet and share common concerns through regional chapter meetings, conferences, in-service workshops and symposiums.
2. To foster coordination of agencies and organizations for the elderly in Nova Scotia.
3. To serve as a consulting body to the elderly and to persons working in the field of Gerontology.
4. To provide an information and resource centre.
5. To facilitate research in conjunction with the appropriate agencies, organizations and individuals.
6. To function as an advocate for workers in the field of Gerontology and the elderly in relation to issues affecting the field.

Membership in the Association is open to organizations and individuals who have a professional interest or personal concern in gerontology. Dues are $10.00 per year for an individual and $25.00 per year for an organization. Individual members and those members so designated by an organization have the right to vote in matters relating to the work of the Association.

For further information contact:

Gerontology Association of Nova Scotia
Camp Hill Hospital
Halifax, Nova Scotia
B3H 3G2
Telephone: 420-2495

New Horizons Program

The New Horizons Program is a province-wide federal program under the Department of Health and Welfare Canada that provides retired Canadians with opportunities to maintain active and independent lifestyles while contributing their skills and resources to their peers and their communities.

The Program contributes financial resources to enable retired persons to join with others their age in group activities that they plan and organize. Contributions may cover expenses incurred in planning, organizing and operating the projects, including items such as rent, utilities, furniture and equipment, materials and supplies, renovations, transportation, etc.

Projects may take on many different forms and may include the following categories of activities: service-oriented activities (e.g. meals on wheels, support groups, adult day care); educational activities (e.g. seminars, workshops, public speaking); sports, fitness and games (e.g. bowling, swimming and physical fitness classes); arts, crafts and entertainment (e.g. quilting, woodworking, choral groups); senior citizens' organization development (e.g. developing seniors' networks, leadership training, establishing organizational structures). Funds are available to set up the above activities and many more, or expand existing ones.

For further information contact:

Kevin S. Ryan
Regional Manager
or
Roy Comeau
Field Representative
or
Irene C. Rose (Mrs.)
Field Representative
New Horizons Program
Halifax Insurance Building
4th Floor, Suite 405
5670 Spring Garden Road
Halifax, Nova Scotia
B3J 1H6
Telephone: 426-2741

Seniors' Independence Program

The Seniors' Independence Program provides financial support for health, education or social welfare projects designed to improve the quality of life for seniors.

The emphasis of the program is on community-based projects that significantly involve seniors and promote independent living. Self-care and mutual aid projects, as well as projects that encourage training and skill development in caring for seniors, make health and social welfare resources more accessible and available, and relieve the burden of care for seniors assumed by family and friends, represent the types of undertakings that would qualify for support.

Priority will be given to those projects which effectively involve seniors in their design, which direct particular attention to the needs of women seniors, seniors living in remote areas and in the North, and which provide support to seniors who are less advantaged.

Voluntary, non-government, non-profit groups or organizations may apply. Such groups should be composed mainly of seniors, be run by seniors, or be able to demonstrate that seniors will be actively involved in their project. Professional associations, educational institutions, health or social service agencies are also eligible to apply.

Projects may be long term (up to three years) or short term (e.g., conferences or workshops). Local, regional or national projects will be considered. Projects must not duplicate existing services.

The Seniors' Independence Program is jointly administered by the New Horizons Program office and the Health Promotion Directorate.

For more information, call 426-2741 or write Seniors' Independence Program

c/o New Horizons Program
Halifax Insurance Building
Halifax, Nova Scotia
B3J 1H6

Nova Scotia Advisory Council on the Status of Women

The Council was established in 1977 as an advisory body to the Provincial Government. The Council is legislated to advise on matters relating to the status of women as such matters are referred to it for consideration by the Minister Responsible for the Administration of the Status of Women Act. In turn, the Council brings to the attention of the Minister other matters of interest and concern to women. All members are appointed by the Government and, with the exception of a full-time President, are unsalaried. The Council's handbook for widows entitled *Survival* has proven invaluable in the past and is available in a revised and updated edition.

For further information contact:

Nova Scotia Advisory Council
on the Status of Women
P.O. Box 745
Halifax, Nova Scotia
B3J 2T3
Telephone: 424-8662

or in person:

Suite 207
Purdy's Wharf
1959 Upper Water Street
Halifax, Nova Scotia

The Steering Committee for Networking of Seniors in Nova Scotia

During the past three years (1985-88) the value of networking among seniors' organizations has been explored. The Steering Committee for Networking of Seniors in Nova Scotia consists of 11 representatives from a number of Provincial seniors' groups and organizations. With the aid of funds from the Samuel and Saidye Bronfman Family Foundation and a New Horizons grant, this committee organizes workshops and meets with groups throughout the province to exchange ideas on the value of networking between seniors' organizations.

Networking is simply a means for existing organizations to get together when there is a common interest. Some seniors' groups in Nova Scotia are already meeting on common grounds. Others would like to participate or to consider the possibility of participating. Similar efforts are developing in other provinces.

Interested persons may reach the committee chairman, Myrna Slater, or committee members at:

Tower 1, Suite 103
Halifax Shopping Centre
7001 Mumford Road
Halifax, Nova Scotia
B3L 4N9
Telephone: 455-7684

Federal Superannuates' National Association Nova Scotia Central Branch

Mr. James McNairn,
Secretary,
P.O. Box 8, Site 15,
RR #3, Armdale, Nova Scotia
B3L 4V3
Telephone: 876-2208

Nova Scotia Retired Government Employees Association

Mr. Redvers Cainey,
President,
R.R. #2,
Chester, Nova Scotia
B0J 1J0
Telephone: 275-3193, Call collect

National Organizations for Seniors

2

National Advisory Council on Aging

A federal Order-in-Council established an 18-member Advisory Board to assist and counsel the Minister of Health and Welfare, Canada on all matters relating to the quality of life of Canada's aging population.

In addition to advising the Minister on proposed policies and programs for seniors, the Council undertakes in its own right to:

- review the needs and problems of older people and recommend remedial action;
- liaise with national, provincial and local associations and interested groups involved in and/or representing the aged;
- help with information dissemination;
- publish a report; and
- stimulate public discussion on aging.

For further information contact:

President
National Advisory Council on Aging
Room 340
Brooke Claxton Building
Ottawa, Ontario
K1A 0K9
Telephone: (613) 957-1968

Retirement Income

The primary responsibility for pensions and retirement income rests with the Federal Government. The Canadian Old Age Security Program is sometimes described as having three tiers. The first tier is the Canada Pension Plan and the second tier is the universal Old Age Pension payment. If the total income from these two tiers and private savings and pension plans is insufficient there is a third tier, the Guaranteed Income Supplement, which is payable on the basis of an income test. Descriptions of these federal programs follow:

Retirement Income Programs Provided by the Federal Government

The Income Security Programs — Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and Canada Pension Plan — are all centralized in one office. The Regional Provincial office is:

Halifax Client Service Centre
West End Mall, Suite 111
6960 Mumford Road
Halifax, Nova Scotia B3L 4P1
Telephone: 426-3711
Open Monday to Friday 8:30 - 4:30

REGIONAL AND LOCAL OFFICES

Bridgewater
South Shore Mall
40 North Street
Bridgewater, Nova Scotia B4V 2Z5
Telephone: 543-8515
Open every Thursday 8:30 - 4:30
Open every Friday 8:30 - 3:00

Kentville
C.E.I.C. Office
Federal Building
495 Main Street
P.O. Box 150
Kentville, Nova Scotia B4N 1K9
Telephone: 678-3141
Open every Thursday 9:00 - 3:30

Yarmouth
1B Second Street
Yarmouth, Nova Scotia B5A 1T3
Telephone: 742-8302
Open every Tuesday 8:30 - 3:00

Sydney Client Service Centre
196 George Street
Sydney, Nova Scotia B1P 1J3
Telephone: 564-7350
Open Monday to Friday 8:30 - 4:30

Inverness
C.E.I.C. Office
Federal Building
Railroad Street
Inverness, Nova Scotia B0E 1N0
Telephone: 258-2995
Open every Thursday 11:00 - 3:30

Antigonish Client Service Centre
Federal Building
Main Street
P.O. Box 1745
Antigonish, Nova Scotia B2G 2M5
Telephone: 863-3540
Open Monday to Friday 8:30 - 4:30

Port Hawkesbury
Federal Building
Pitt Street
Port Hawkesbury, Nova Scotia B0E 2V0
Telephone: 625-2180
Open every Friday 9:00 - 3:00

New Waterford
3390 Plummer Avenue
New Waterford, Nova Scotia B1H 1Y9
Telephone: 862-3491
Open every Wednesday 1:00 - 4:00

Windsor
C.E.I.C. Office
Windsor Mall
104 Water Street
Windsor, Nova Scotia B0N 2T0
Telephone 798-5701
Open every 2nd Wednesday 9:30 - 3:00

North Sydney
C.E.I.C. Office
116 King Street
North Sydney, Nova Scotia B2A 3R7
Telephone: 564-3510
Open every Monday 9:00 - 4:00

Middleton
C.E.I.C. Office
161 Commercial Street
P.O. Box 100
Middleton, Nova Scotia B0S 1P0
Telephone: 825-4969
Open every 2nd Wednesday 8:30 - 4:00

Liverpool
C.E.I.C. Office
Federal Building
164 Main Street
General Delivery
Liverpool, Nova Scotia B0T 1K0
Telephone: 354-7276
Open every 2nd Tuesday 10:00 - 3:00

Glace Bay
General Mining Building
26 Marconi Street, Suite 2
Glace Bay, Nova Scotia B1A 6G3
Telephone: 564-2565
Monday to Thursday 8:30 - 4:30

Digby
C.E.I.C. Office
Evangeline Mall
P.O. Box 1540
Digby, Nova Scotia B0V 2T0
Telephone: 245-5566
Open every 2nd Wednesday 9:00 - 3:00

Shelburne
C.E.I.C. Office
P.O. Box 810
Corner of John and Water Streets
Shelburne, Nova Scotia B0T 1W0
Telephone: 875-4062
Open every 2nd Wednesday 8:30 - 2:30

Amherst
40 Havelock Street
Federal Building
Amherst, Nova Scotia B4H 4C3
Telephone: 667-5126
Open every Wed., Thurs., & Friday
8:30 - 4:30

New Glasgow
Highland Square Mall
689 Westville Road
New Glasgow, Nova Scotia B2H 2J6
Telephone: 755-4430
Open Monday to Friday 8:30 - 4:30

Truro
Truro Centre
14 Esplanade Street
Truro, Nova Scotia B2N 2K3
Telephone: 895-4335
Open Monday to Friday 8:30 - 4:30

OLD AGE SECURITY PENSION

The Old Age Security Pension is a monthly benefit paid to persons 65 years of age or over who have Canadian legal residence status and meet the residence requirement. A minimum of 10 years residence in Canada after age 18 is required to qualify for a pension while residing in Canada. A minimum of 20 years residence in Canada after age 18 is required to qualify for a pension while residing outside Canada.

The monthly payment as of January 1, 1989 for full Old Age Security was $323.28. Payments increase in January, April, July and October each year if there is an increase in the cost of living index.

GUARANTEED INCOME SUPPLEMENT

This is a benefit available to persons who receive Old Age Security and who have little or no other income. This additional benefit must be reapplied for every year. Eligibility and the amount of the supplement usually depend on total actual income in the previous calendar year and marital status. However, if a person has retired or suffered a loss or reduction in retirement income, he or she may qualify on income after the change.

The maximum G.I.S. payment as of January 1, 1989 was $384.19 for a single person and for a married person whose spouse does not receive an Old Age Security pension or a Spouse's Allowance. The maximum G.I.S. increased to $250.23 for each married person whose spouse also receives a Spouse's Allowance.

When the cost of living index increases the supplement goes up in January, April, July and October by the percentage increase in the index.

Persons who think they are eligible but who have not received an application form may contact the Income Security Programs office in their district.

SPOUSE'S ALLOWANCE AND WIDOWED SPOUSE'S ALLOWANCE

This is paid to spouses of Old Age Security pensioners when the spouse is between 60 and 65 years of age and the pensioner is receiving the Guaranteed Income Supplement. It is based on the combined income of husband and wife. (A common-law relationship may be recognized.)

The spouse must have lived in Canada for at least 10 years following his/her 18th birthday. He/she must also be a Canadian citizen or a legal resident of Canada.

To qualify, combined annual income, not including the Old Age Security and Guaranteed Income Supplement, must be less than $17,231.99 effective January 1, 1989.

Effective January, 1989 the maximum monthly payment was $573.51 per month.

Spouse's Allowance continues following the death of the pensioner until the surviving spouse reaches age 65 or remarries and if the surviving spouse has little or no income.

Payments are increased in January, April, July and October of each year if there is an increase in the cost of living index.

The spouse should apply for this benefit six months before his/her 60th birthday and must reapply each year until he/she becomes eligible for Old Age Security at 65 years of age.

An October 1986 amendment to the Old Age Security Act extends the monthly Spouse's Allowance benefit of $633.17 to all low-income widows and widowers effective January 1, 1989 regardless of when their spouse died.

CANADA PENSION PLAN

The Canada Pension Plan is a contributory Pension Plan. Persons having paid into the plan may be eligible for benefits. A monthly benefit may be payable upon application to Canada Pension Plan contributors who are at least age 60. Persons must apply at least one month before their pension is to begin as there is no retroactive payment provision. The Canada Pension Plan pays six benefits to its contributors:

1. A monthly retirement benefit to those 60 years of age or over; there is a reduction factor of .5% per month for those under 65, and an addition factor of .5% per month for those over age 65.
2. A monthly disability pension to persons under 65.
3. Monthly benefits for children dependent on disabled persons (under 65).
4. A death benefit.
5. A monthly spouse's pension for widows and widowers whose married or common law spouse contributed to the plan.
6. A monthly pension for orphans.

Persons eligible for Old Age Security and a retirement pension may apply for both at the same time at any Income Security Programs office.

Further information on any of these programs may be obtained from the District Income Security Programs office.

The 1989 maximum benefit rates for the Canada Pension Plan are as listed below.

Retirement		556.25
Disability		681.23
Survivor's Pension	Under 65	311.61
	Over 65	333.75
Child's Benefit		103.02
Death Benefit		2,770.00

VETERANS' AFFAIRS

Benefits from the Department of Veterans Affairs are available to war veterans, former members of the Peacetime Armed Forces and certain civilian groups. These benefits include disability pensions, assistance under the Veterans Land Administration and War Veterans Allowances, as well as coverage of hospital and medical expenses and assistance for eye glasses, dental care, etc. The Department also administers a VIP (Veterans Independence Program) for aging veterans who want to remain in their own homes. This program offers a variety of home-care and maintenance assistance, plus home nursing visitations, provision of special hospital equipment and wheelchairs, help for homemakers, meals on wheels, etc.

For information call, write or visit:

Department of Veterans Affairs
P.O. Box 8063
6080 Young Street
Halifax, Nova Scotia
B3K 5L8 Telephone: 426-7931 or 426-7714.

Income Assistance Programs Provided by the Provincial Department of Community Services

The Nova Scotia Provincial Government supplements federal Old Age Security payments for people having financial difficulties due to exceptionally high rental costs, or municipal taxes, and (during the past decade) excessive energy costs. To meet these needs, the Province has developed three special programs: Special Social Assistance, Property Tax Rebate, and Rental Assistance. A description of these programs follows. In addition, the Provincial Family Benefits Program may be of assistance to seniors.

SPECIAL SOCIAL ASSISTANCE

A special allowance is paid to all persons who reside in the Province of Nova Scotia and who receive the Guaranteed Income Supplement in March of the year of application. The Allowance is paid once a year.

The amount of the Special Social Assistance is related to the amount of the Guaranteed Income Supplement received by the senior citizen. In 1988, the four levels of payment were $219.00, $197.00, $146.00 and $109.00

PROPERTY TAX REBATES

A Property Tax Rebate program was implemented in September 1980 whereby senior citizen homeowners who are in receipt of the Guaranteed Income Supplement or Spouse's Allowance in January of the year of application are entitled to a fifty percent rebate of their residential property taxes.

The eligibility criteria are as follows:

(a) The senior must be a recipient of the Guaranteed Income Supplement or Spouse's Allowance in January of the year of application.
(b) The senior must own the property in which he or she resides.
(c) The property must be in Nova Scotia.
(d) The taxes must have been paid for the rebate year.
(e) An application form must be completed, signed by the senior and returned to the Department together with the tax bill and receipt for taxes paid for the rebate year.

RENTAL ASSISTANCE

Singles and couples who rent in the private market and are in receipt of the Guaranteed Income Supplement or Spouse's Allowance, and single persons, 65 and over, whose income does not exceed $15,000,00 per year are eligible to apply for Rental Assistance.

The maximum rent on which the supplement is paid is $375.00 for single seniors and $475.00 for married seniors.

The amount of Rental Assistance ranges from 50% to 75% of the rent in excess of 30% of the senior citizen's income. The percentage varies depending on the amount of income

The tables on the following pages show the amount of Rental Assistance for both single and married seniors. The income levels are shown on the left-hand side and the monthly rent at the top of the table. The subsidy is determined at the point where the income and rental lines meet.

For further information contact:

Supervisor of Senior Citizens'
Financial Aid Programs
5182 Prince Street
J.W. Johnston Building, 2nd Floor
Halifax, Nova Scotia B3J 1L5
Telephone: 424-4500

Nova Scotia Assistance Program for Senior Citizens

◆

For a Single Person

Income per Month					Monthly Rent					
	$285	$295	$305	$315	$325	$335	$345	$355	$365	$375 & over
$ 680.00	48.60	54.60	60.60	66.60	72.60	78.60	84.60	90.60	96.60	102.60
$ 695.00	45.90	51.90	57.90	63.90	69.90	75.90	81.90	87.90	93.90	99.90
$ 710.00	43.20	49.20	55.20	61.20	67.20	73.20	79.20	85.20	91.20	97.20
$ 725.00	40.50	46.50	52.50	58.50	64.50	70.50	76.50	82.50	88.50	94.50
$ 740.00	34.65	40.15	45.65	51.15	56.65	62.15	67.65	73.15	78.65	84.15
$ 755.00	32.18	37.68	43.18	48.68	54.18	59.68	65.18	70.68	76.18	81.68
$ 770.00	29.70	35.20	40.70	46.20	51.70	57.20	62.70	68.20	73.70	79.20
$ 785.00	27.23	32.73	38.23	43.73	49.23	54.73	60.23	65.73	71.23	76.73
$ 800.00	24.75	30.25	35.75	41.25	46.75	52.25	57.75	63.25	68.75	74.25
$ 815.00	22.28	27.78	33.28	38.78	44.28	49.78	55.28	60.78	66.28	71.78
$ 830.00	19.80	25.30	30.80	36.30	41.80	47.30	52.80	58.30	63.80	69.30
$ 845.00	17.33	22.83	28.33	33.83	39.33	44.83	50.33	55.83	61.33	66.83
$ 860.00	15.00	18.50	23.50	28.50	33.50	38.50	43.50	48.50	53.50	58.50
$ 875.00	15.00	16.25	21.25	26.25	31.25	36.25	41.25	46.25	51.25	56.25
$ 890.00	15.00	15.00	19.00	24.00	29.00	34.00	39.00	44.00	48.00	52.00
$ 905.00	15.00	15.00	16.75	21.75	26.75	31.75	36.75	41.75	46.75	51.75
$ 920.00	15.00	15.00	15.00	19.50	24.50	29.50	34.50	39.50	44.50	49.50
$ 935.00	15.00	15.00	15.00	17.25	22.25	27.25	32.25	37.25	42.25	47.25
$ 950.00	0	15.00	15.00	15.00	20.00	25.00	30.00	35.00	40.00	45.00
$ 965.00	0	15.00	15.00	15.00	17.75	22.75	27.75	32.75	37.75	42.75
$ 980.00	0	15.00	15.00	15.00	15.50	20.50	25.50	30.50	35.50	40.50
$ 995.00	0	0	15.00	15.00	15.00	18.25	23.25	28.25	32.25	37.25
$1,010.00	0	0	15.00	15.00	15.00	16.00	21.00	26.00	31.00	36.00
$1,025.00	0	0	0	15.00	15.00	15.00	18.75	23.75	28.75	33.75
$1,040.00	0	0	0	15.00	15.00	15.00	16.50	21.50	26.50	31.50
$1,055.00	0	0	0	0	15.00	15.00	15.00	19.25	24.25	29.25

These tables are designed to give you an idea of amounts that may be payable under the Rental Assistance Program for different rent and income levels.

To find out how much you may be eligible to receive look down the left hand side until you find the row for your approximate income level. Then move along the row from left to right until you find the column for your approximate rent level. That figure will be the monthly allowance payable to you under this program.

For example, a single senior citizen with a monthly income of $845.00 and rent of $325.00 would receive approximately $39.33 per month.

Nova Scotia Assistance Program for Senior Citizens

Couples

Income per Month	$405	$415	$425	$435	$445	$455	$465	$475 & $over
$1025	48.75	53.75	58.75	63.75	68.75	73.75	78.75	83.75
$1040	46.50	51.50	56.50	61.50	66.50	71.50	76.50	81.50
$1055	44.25	49.25	54.25	59.25	64.25	69.25	74.25	79.25
$1070	42.00	47.00	52.00	57.00	62.00	67.00	72.00	77.00
$1085	39.75	44.75	49.75	54.75	59.75	64.75	69.75	74.75
$1100	37.50	42.50	47.50	52.50	57.50	62.50	67.50	72.50
$1115	35.25	40.25	45.25	50.25	55.25	60.25	65.25	70.25
$1130	33.00	38.00	43.00	48.00	53.00	58.00	63.00	68.00
$1145	30.75	35.75	40.75	45.75	50.75	55.75	60.75	65.75
$1160	28.50	33.50	38.50	43.50	48.50	53.50	58.50	63.50
$1175	26.25	31.25	36.25	41.25	46.25	51.25	56.25	61.25
$1190	24.00	29.00	34.00	39.00	44.00	49.00	54.00	59.00
$1205	21.75	26.75	31.75	36.75	41.75	46.75	51.75	56.75
$1220	19.50	24.50	29.50	34.50	39.50	44.50	49.50	54.50
$1235	17.25	22.25	27.25	32.25	37.25	42.25	47.25	52.25
$1250	15.00	20.00	25.00	30.00	35.00	40.00	45.00	50.00
$1265	15.00	17.75	22.75	27.75	32.75	37.75	42.75	47.75
$1280	15.00	15.50	20.50	25.50	30.50	35.50	40.50	45.50
$1295	15.00	15.00	18.25	23.25	28.25	33.25	38.25	43.25
$1310	15.00	15.00	16.00	21.00	26.00	31.00	36.00	41.00
$1325	15.00	15.00	15.00	18.75	23.75	28.75	33.75	38.75
$1340	15.00	15.00	15.00	16.50	21.50	26.50	31.50	36.50
$1355	0	15.00	15.00	15.00	19.25	24.25	29.25	34.25
$1370	0	15.00	15.00	15.00	17.00	22.00	27.00	32.00
$1385	0	0	15.00	15.00	15.00	20.00	25.00	30.00
$1400	0	0	15.00	15.00	15.00	17.50	22.50	27.50
$1415	0	0	15.00	15.00	15.00	15.25	20.25	25.25
$1430	0	0	0	15.00	15.00	15.00	18.00	23.00
$1445	0	0	0	15.00	15.00	15.00	15.75	20.75
$1460	0	0	0	0	15.00	15.00	15.00	18.50
$1475	0	0	0	0	15.00	15.00	15.00	16.25
$1490	0	0	0	0	0	15.00	15.00	15.00
$1505	0	0	0	0	0	15.00	15.00	15.00
$1520	0	0	0	0	0	0	15.00	15.00
$1535	0	0	0	0	0	0	15.00	15.00
$1550	0	0	0	0	0	0	0	15.00
$1565	0	0	0	0	0	0	0	15.00
$1580	0	0	0	0	0	0	0	15.00

FAMILY BENEFITS

Disabled persons under 65 years of age, disabled parents with a dependent child, and single mothers or fathers with a dependent child may apply for benefits under the Family Benefits program if they are in financial need. Persons who are over 65 years of age and do not receive Old Age Security payments may also apply for Family Benefits.

FOSTER PARENTS' PROGRAM

Persons who are caring for children may receive $106.00 per month for the first child and $95.00 per month for each additional child provided that the mother or father is not supporting them and the total income is not over $13,000 plus $500, for each child receiving care.

For further information about this program, contact the Regional or District Offices of the Department of Community Services nearest you, as listed beginning on page 23 of this booklet.

WORKERS' COMPENSATION BOARD

The Workers' Compensation Board administers the Workers' Compensation Act of Nova Scotia, providing financial services, vocational rehabilitative services and medical benefits on behalf of employers to workers and/or dependents in a mutual accident insurance program.

Compensation is paid at a rate of 75% of the client's average yearly earnings and for the duration of the disability, up to the current maximum of $28,000.00.

For a client who is permanently disabled, either totally or partially, compensation is payable monthly for life at 75% of average yearly earnings to a maximum of $28,000.00.

Dependent children of 100% disabled workers are eligible for monthly payments until the end of the school year in which age 18 is attained, although this allowance may be continued until age 21 if educational pursuits are continued.

If further information is required, please contact the Workers' Compensation Board at:

Workers' Compensation Board
P.O. Box 1150
Halifax, Nova Scotia
B3J 2Y2
Tel: 424-8440

or

Workers' Compensation Board
Medical Arts Building
336 Kings' Road
Sydney, Nova Scotia
B1S 1A9
Tel: 564-6426

Income Assistance Programs Provided by Municipal Governments

Municipal Social Assistance Supplementation is related primarily to such needs as drugs, housing and transportation.

MUNICIPAL SOCIAL ASSISTANCE

Municipal assistance may be paid to supplement federal and provincial benefits where individual need is such that the federal and/or provincial benefits are inadequate. The decision to grant municipal social assistance rests with the individual municipal unit; there are 66 such units in Nova Scotia. In addition, the Cape Breton Joint Expenditure Board is responsible for the decisions relating to Homes for Special Care and the maintenance of patients therein. Each municipal unit pays social assistance on the basis of policies established by the local council. The costs of municipal assistance are shared by the federal, provincial, and municipal levels of government. Municipal policies regarding supplementation vary greatly from one municipal unit to another and the policies followed in each municipal unit are the responsibility of the local town, city, or municipal council.

Municipalities may provide an in-home support program for needy family members or relatives who are caring for a senior (parent, aunt, uncle, sibling) in those instances where the senior might otherwise require placement in a Home for Special Care. Persons wishing to apply for this program should direct their inquiries to their local municipal social services office, which is responsible for determining a person's eligibility for, and payment entitlement under, this program.

Municipal Social Services Departments also provide services to seniors in respect to a wide variety of other needs. The extent of the services provided is a matter of local policy determined by the town, city, or municipal council. Some Municipal Social Services offices help seniors find suitable housing, provide counselling services, and help with transportation and similar needs. The City of Dartmouth, for example, provides a Senior Citizens' Service Centre staffed by two professionals whose work is entirely devoted to improving the quality of life for seniors in the city. The City of Halifax also provides extensive services to seniors.

MUNICIPAL SOCIAL SERVICES WORKERS AND OFFICES

* Municipal units which do not have an office or a full-time Social Services Worker.

Cities	Name and Title	Address
Dartmouth	Paul Green, M.S.W. Director, Social Services	P.O. Box 817 City Hall, Dartmouth Nova Scotia B2Y 3Z3 Phone: 464-2350
Halifax	Harold Crowell, R.S.W. Director, Social Planning	City of Halifax City Hall, P.O. Box 1749 Halifax, Nova Scotia, B3J 3A5 Phone: 421-6451
Sydney	Director, Social Services	P.O. Box 730 Sydney, Nova Scotia B1P 6H7 Phone: 563-7575
Towns		
Amherst	Ms. Beverly MacQuarrie Director, Social Services	P.O. Box 471 Amherst, Nova Scotia B4H 4A1 Phone: 667-7190
Annapolis Royal	Brian Taylor Director, Social Services	P.O. Box 100 Municipal Building, Annapolis Royal Nova Scotia B0S 1A0 Phone: 532-2358
Antigonish	L.A. Mills District Supervisor	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2L7 Phone: 863-3213
Bedford	Ed Mason Director, Social Services	P.O. Box 300 Armdale, Nova Scotia B3L 4K3 Phone: 453-7425

Berwick	Henry Bourgeois Director, Social Services	P.O. Box 100 Kentville, Nova Scotia B4N 3W3 Phone: 678-6141
Bridgetown*	William F. Hamilton Clerk-Treasurer	P.O. Box 309 Bridgetown, Nova Scotia B0X 1C0 Phone 665-4637
Bridgewater	Acting, Jim Kenney District Supervisor	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8 Phone: 543-2411
Canso/Guysborough	Harold Roberts District Supervisor	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0 Phone: 533-4007
Clark's Harbour	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0 Phone: 635-2335
Digby	Greg Wiseman District Supervisor	Digby District Office P.O. Box 399, Digby Nova Scotia B0V 1A0 Phone: 245-5811
Dominion	Vacant Social Services Worker	40 Duggan St., Dominion Nova Scotia B0A 1E0 Phone: 849-6504
Glace Bay	Greg MacKenzie Director, Social Services	Town Hall, 5 MacKeen Street Glace Bay, Nova Scotia B1A 5B9 Phone: 849-1222
Hantsport	Lubin Bourque District Supervisor	P.O. Box 2350 Windsor, Nova Scotia B0N 2T0 Phone: 798-8319
Kentville	Henry Bourgeois, M.S.W. Director, Social Services	P.O. Box 100 Kentville, Nova Scotia B4N 3W3 Phone: 678-6141
Liverpool	Patrick Lachance Regional Administrator	South Shore Regional Office P.O. Box 1360, Liverpool Nova Scotia B0T 1K0 Phone: 354-3422
Lockeport	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0 Phone: 637-2335
Louisbourg*	Elaine MacPherson Clerk-Treasurer	P.O. Box 88, Louisbourg Nova Scotia B0A 1M0 Phone: 733-2014
Lunenburg	Acting, Jim Kenney District Supervisor	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8 Phone: 543-2411
Mahone Bay	Acting, Jim Kenney District Supervisor	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8 Phone: 543-2411

Middleton	Brian Taylor Director, Social Services	Municipal Administration Bldg. PO. Box 100, Annapolis Royal Nova Scotia B0S 1P0 Phone: 532-2358
Mulgrave	Harold Roberts District Supervisor	P.O. Box 90, Chedabucto Mall, Guysborough, Nova Scotia B0H 1N0 Phone: 533-4007
New Glasgow	Cyril Reddy Regional Administrator	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5 Phone: 755-5950
New Waterford	Vacant Director, Social Services	3371 Plummer Ave., New Waterford Nova Scotia B1H 1Y8 Phone: 862-6497
North Sydney	Keith MacMillan Social Services Worker	P.O. Box 369 262 Commercial St. North Sydney, Nova Scotia B2A 3M4 Phone: 794-4781
Oxford•	Harris M. McCormack Clerk-Treasurer	P.O. Box 338, Oxford Nova Scotia B0M 1P0 Phone: 447-2170
Parrsboro•	Rosemary Currie Director, Social Services	P.O. Box 399 24 Crescent Avenue Amherst, Nova Scotia B4H 3Z5 Phone: 667-8703
Pictou	Cyril Reddy Regional Administrator	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5 Phone: 755-5950
Port Hawkesbury	Gordon MacMaster District Supervisor	P.O. Box 359 Port Hawkesbury Nova Scotia B0E 2V0 Phone: 625-0662
Shelburne	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0 Phone: 637-2337
Springhill	Bev MacLeod Director, Social Services	P.O. Box 2549, Springhill Nova Scotia B0M 1X0 Phone: 597-3709
Stellarton	Cyril Reddy Regional Administrator	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5 Phone: 755-5950
Stewiacke•	Harvey MacArthur, M.S.W. Executive Director	P.O. Box 950, Truro Nova Scotia B2N 5G7 Phone: 895-6337
Sydney Mines	Don MacKenzie Social Services Worker	Main Street, Sydney Mines Nova Scotia B1V 2L4 Phone: 736-6270
Trenton	Cyril Reddy Regional Administrator	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5 Phone: 755-5950

Truro	Harvey MacArthur, M.S.W. Executive Director	P.O. Box 950 Truro, Nova Scotia B2N 5G7 Phone: 895-6336
Westville	Cyril Reddy Regional Administrator	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5 Phone: 755-5950
Windsor	Lubin Bourque District Supervisor	P.O. Box 2350, Windsor Nova Scotia B0N 2T0 Phone: 798-8319
Wolfville	Lubin Bourque District Supervisor	P.O. Box 2350, Windsor Nova Scotia B0N 2T0 Phone: 798-8319
Yarmouth	Douglas Raymond, R.S.W. Regional Administrator	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B4 Phone: 742-7871

Municipalities

Annapolis County	Brian Taylor Director, Social Services	Municipal Administration Bldg. P.O. Box 100, Annapolis Royal Nova Scotia B0S 1A0 Phone: 532-2358
Antigonish County	L.A. Mills District Supervisor	Antigonish District Office 11 James St., Suite 101 Antigonish, Nova Scotia B2G 1R6 Phone: 863-3213
Argyle	Douglas Raymond Regional Administrator	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B4 Phone: 742-7871
Barrington	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0 Phone: 637-2335
Cape Breton County	Hugh MacDonald Director, Social Services	865 Grand Lake Road Sydney, Nova Scotia B1P 6W2 Phone: 564-5541
Cape Breton Joint Expenditure Board	John Woodford Supervisor of Placement	Community Residence Program 292 Charlotte Street Sydney, Nova Scotia B1P 1C7 Phone: 539-5920
Chester	Acting, Jim Kenney District Supervisor	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8 Phone: 543-2411
Clare	Greg Wiseman District Supervisor	Digby District Office P.O. Box 399, Digby Nova Scotia B0V 1A0 Phone: 245-2581
Colchester County	Michael Roma Director, Social Services	Court House P.O. Box 697 Truro, Nova Scotia B2N 5E7 Phone: 895-9236

Cumberland County	Rosemary Currie Director, Social Services	P.O. Box 399 24 Crescent Avenue Amherst, Nova Scotia B4H 3Z5 Phone: 667-8703
Digby County	Greg Wiseman District Supervisor	Digby District Office P.O. Box 399 Digby, Nova Scotia B0V 1A0 Phone: 245-2581
Guysborough	Harold Roberts District Supervisor	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0 Phone: 533-4007
Halifax County	Edward C. Mason, M.S.W. Director, Social Services	P.O. Box 300 Halifax, Nova Scotia B3L 4K3 Phone: 453-7425
Dartmouth Branch	Edward C. Mason, M.S.W. Director, Social Services	1211 Cole Harbour Road Dartmouth, Nova Scotia B2V 1M9 Phone: 453-7472
Hants County (Hants East & Hants West)	Lubin Bourque District Supervisor ATTN: Angus Riley	P.O. Box 2350 Windsor, Nova Scotia B0N 2T0 Phone: 798-8319
Inverness County	James F. Gillis Director, Social Services	Municipal Bldg., Port Hood Nova Scotia B0E 2W0 Phone: 787-2275
Kings County	Henry Bourgeois, M.S.W. Director, Social Services	P.O. Box 100 Kentville, Nova Scotia B4N 3W3 Phone: 678-6141
Lunenburg County	Jim Kenney, Acting District Supervisor	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8 Phone: 543-2411
Pictou County	Michael J. MacIsaac Social Services Worker	P.O. Box 488 New Glasgow Nova Scotia B2H 5E5 Phone: 755-5950
Queens County	Patrick Lachance Regional Administrator	South Shore Regional Office P.O. Box 1360, Liverpool Nova Scotia B0T 1K0 Phone: 354-3422
Richmond County	Norman Bartholomew Director, Social Services	P.O. Box 93, St. Peter's Nova Scotia B0E 3B0 Phone: 535-3000
Shelburne County	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0 Phone: 637-2335
St. Mary's	L.A. Mills District Supervisor	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2M5 Phone: 863-3213

Victoria County	Mrs. Marion MacDonald Director, Social Services	P.O. Box 29, Baddeck Nova Scotia B0E 1B0 Phone: 295-3233
Yarmouth County	Douglas Raymond Regional Administrator	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B4 Phone: 742-7871

Community Services — Provincial

4

Adult Protection Legislation

Bill 61 — Adult Protection Legislation enacted during the 1985 Spring Session of the House of Assembly — was proclaimed on January 6, 1986.

The Act provides a means whereby all persons in Nova Scotia, 16 years of age and over, who lack the physical or mental ability to adequately care and fend for themselves can be protected from abuse and neglect.

The Act states that anyone who has information — even if it is confidential or privileged — regarding a person 16 years of age or older being abused or neglected and who is physically or mentally incapable **must by law report that information to the appropriate authorities.** No action shall be taken against a person who gives this information unless the giving of the information is done maliciously or without reasonable and probable cause.

Suspected neglect or abuse may be reported to:

HEAD OFFICE HALIFAX

Ms. Nancy Cochrane
Co-ordinator
Adult Protection Services
Department of Community Services
P.O. Box 696
Halifax, Nova Scotia
B3J 2T7
Telephone: 424-7615

REGIONAL OFFICES

Cape Breton Regional Office
Mr. F.A. Bowes Regional Administrator
Mr. Frank Capstick
Mr. Robert Schella
Mr. Glenn MacSween
Mr. Barry MacDonald

Suite 7, Provincial Building
360 Prince Street
Sydney, Nova Scotia
B1P 5L1
Telephone: 563-3300

Central Regional Office
Mr. Harvey MacArthur — Regional Administrator
Mr. Joseph Stevens
Ms. Ruth Sherman

P.O. Box 950, 58 Willow Street
Truro, Nova Scotia
B2N 5G7
Telephone: 895-6337

Halifax Regional Office
Mrs. Joan MacKinnon — Regional Administrator
Mr. Earl Malloy
Mr. Dave Russell
Mr. John Webb
Mr. Terry Myer
Mr. Henry Capstick

6061 Young Street, Suite 320
P.O. Box 8715
Halifax, Nova Scotia
B3K 5M4
Telephone: 424-8589

North Shore Regional Office
Mr. Cyril Reddy — Regional Administrator
Mr. Doug Burgess
Mr. James Hahnen
Mr. Ross Sewell
Mr. Roy Prest

P.O. Box 488, Campbell's Lane
New Glasgow, Nova Scotia
B2H 5E5
Telephone: 755-5950

South Shore Regional Office
Mr. Patrick Lachance — Regional Administrator
Mr. Don Burns
Mrs. Annette Hartlen

P.O. Box 1360, 43 Carten Street
Liverpool, Nova Scotia
B0T 1K0
Telephone: 354-3422

Valley Regional Office
Mr. Barry Costello — Regional Administrator
Mr. Vern Totten
Mr. Ted Nicholson
Mr. William Custance
Ms. Dale Germain
* Ms. Daphne Bishop

P.O. Box 188, 374 Main Street
F.W. Robinson Building
Kentville, Nova Scotia
B4N 3W7
Telephone: 678-6176

Western Regional Office
Mr. Doug Raymond — Regional Administrator
Mr. Michael Kendrick
Mr. Sam Cummings
Mr. Conrad LeBlanc

P.O. Box 460, 10 Starr's Rd.
Yarmouth, Nova Scotia
B5A 4B4
Telephone: 742-7871

DISTRICT OFFICES

Annapolis District Office
Mr. Don Lefurgey — District Supervisor
Mr. Les Durling
Mr. David Eaton

P.O. Box 39, St. George St.
Municipal Building
Annapolis Royal, Nova Scotia
B0S 1A0
Telephone: 532-2337

Antigonish District Office
Mr. L. A. Mills — District Supervisor
Ms. Agnes Kennedy
Mr. William Chisholm

P.O. Box 1450, James St.
Provincial Building
Antigonish, Nova Scotia
B2G 2L7
Telephone: 863-3213

Cumberland District Office
Mr. Don Russell — District Supervisor
Mrs. Sandra Mackey
Mr. Archie St. Peter
Mrs. Debbie Dove

P.O. Box 399, 24 Crescent Ave.
Amherst, Cumberland Co., Nova Scotia
B4H 3Z5
Telephone: 667-3336

Digby District Office
Mr. Greg Wiseman — District Supervisor
Mr. Stan Locke
Mrs. Phyllis VanTassell
Mr. Arthur Surrette
Mr. William Amirault

P.O. Box 399, Warwick St.
Digby, Nova Scotia
B0V 1A0
Telephone: 245-2581

Guysborough District Office
Mr. Harold Roberts — District Supervisor
Mr. Sean O'Neil

P.O. Box 90, Chedabucto Mall
Guysborough, Nova Scotia
B0H 1N0
Telephone: 533-4007

Hants District Office
Mr. Lubin Bourque — District Supervisor
Mr. Angus Riley
Mr. James Ferris
Ms. Margaret Lalonde

P.O. Box 2350, 1469 King St.
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-8319

Note:
The asterisk (*) denotes full-time Adult Protection staff.

For cases of extreme emergency, all offices have a weekend duty system. A worker can be reached by dialing the office number for an answering service or by calling the local RCMP or police.

Homes for Special Care — Admissions

Homes for Special Care include Homes for the Aged, licensed Nursing Homes and Residential Care Facilities. Ownership may be vested in individuals, municipal corporations, private profit and/or non-profit corporations.

Seniors who are seeking admission to privately operated homes and who have sufficient funds to cover their care costs for at least 18 months may apply directly to the Home of their choice.

Seniors who are seeking admission to any of the above facilities and who will require financial assistance for their care costs must apply to the Social

Services Worker in the Municipality where they have lived for the past 12 consecutive months. The worker will do an assessment of the senior's need for placement and his or her ability to pay.

If the worker is satisfied that placement in a Home is required, an application, including a medical, will be completed and sent to the Provincial Department of Community Services in Halifax, which is responsible for determining the level of care required.

When the Province has determined the level of care, the Municipal Social Services Worker is required to make full inquiries into the applicant's financial status and ability to pay for care costs. In those instances where the applicant is able to pay the full costs of care for at least an 18 month period, the applicant may make his or her own arrangements for care.

If, however, the applicant is unable to pay full care costs, he or she must apply for Social Assistance. The Municipal Unit may, if the applicant qualifies, accept responsibility for care costs, which are shared by the Province.

Effective March 10, 1988, Provincial Legislation was enacted providing that, where persons owning homes apply for Social Assistance to cover care costs, Municipalities could no longer place liens on their homes or sell their home to cover such costs.

In addition, effective April 1, 1989, the province will provide full cost sharing of 66 2/3% municipal expenditures for needy persons in Homes for Special Care.

For further information on Homes for Special Care contact:

Mr. Peter Barteaux
Director of Municipal Social Services
Department of Community Services
P.O. Box 696
Halifax, Nova Scotia
B3J 2T7
Telephone: 424-4277

The Regional and District Offices of the Provincial Department of Community Services and their locations follow. They may also be helpful.

Regional and District Offices

Western Regional Office
Department of Community Services
Douglas Raymond, Regional Administrator
P.O. Box 460, 10 Starrs Road
Yarmouth, Nova Scotia B5A 4B4
Telephone: 742-7871

Cape Breton Regional Office
Department of Community Services
F.A. (Sandy) Bowes, Regional Administrator
Suite 7, Provincial Bldg., 360 Prince Street
Sydney, Nova Scotia B1P 5L1
Telephone: 563-3300

Halifax Regional Office
Department of Community Services
Joan MacKinnon, Regional Administrator
Metro One, 6061 Young St., Suite 320
P.O. Box 8715, Halifax, Nova Scotia B3K 5M4
Telephone: 424-4755

Valley Regional Office
Department of Community Services
Barry Costello, Regional Administrator
P.O. Box 188, F.W. Robinson Building
374 Main Street, Kentville, Nova Scotia B4N 3W7
Telephone: 678-6176

North Shore Regional Office
Department of Community Services
Cyril Reddy, Regional Administrator
P.O. Box 488, Campbell's Lane
New Glasgow, Nova Scotia B2H 5E5
Telephone: 755-5950

South Shore Regional Office
Department of Community Services
Patrick Lachance, Regional Administrator
43 Carten St., P.O. Box 1360
Liverpool, Nova Scotia B0T 1K0
Telephone: 354-3422

Central Regional Office
Department of Community Services
Harvey MacArthur, Regional Administrator
P.O. Box 950, 58 Willow Street
Truro, Nova Scotia B2N 5G7
Telephone: 895-6337

Antigonish District Office
Department of Community Services
L.A. Mills, District Supervisor
P.O. Box 450, Suite 101, 11 James Street
Antigonish, Nova Scotia B2G 1R6
Telephone: 863-3213

Guysborough District Office
Department of Community Services
Harold Roberts, District Supervisor
P.O. Box 90, Chedabucto Mall
Guysborough, Nova Scotia B0H 1N0
Telephone: 533-4007

Port Hawkesbury District Office
Department of Community Services
Gordon MacMaster, District Supervisor
P.O. Box 359, Provincial Building, MacSween Street
Port Hawkesbury, Nova Scotia B0E 2V0
Telephone: 625-0660

New Waterford Sub-Office
Department of Community Services
Hector MacSween, Caseworker Supervisor
793 Mahon Street, P.O. Box 224
New Waterford, Nova Scotia B1H 4N9
Telephone: 862-6289

Digby District Office
Department of Community Services
Greg Wiseman, District Supervisor
P.O. Box 399, Warwick Street
Digby, Nova Scotia B0V 1A0
Telephone: 245-5811

Lunenburg District Office
Department of Community Services
Jim Kerney, Acting
P.O. Box 170, Suite 105, 99 High Street
Bridgewater, Nova Scotia B4V 1V8
Telephone: 543-2411

Annapolis District Office
Department of Community Services
Donald Lefurgey
P.O. Box 39, Municipal Building, St. George Street
Annapolis Royal, Nova Scotia B0S 1A0
Telephone: 532-2337

Cumberland District Office
Department of Community Services
Donald Russell, District Supervisor
P.O. Box 399, 24 Crescent Avenue
Amherst, Nova Scotia B4H 3Z5
Telephone: 667-3336

Shelburne District Office
Department of Community Services
Raymond Harris, District Supervisor
P.O. Box 9, Administrative Centre
Barrington, Nova Scotia B0W 1E0
Telephone: 637-2335

Hants District Office
Department of Community Services
Lubin Bourque, District Supervisor
P.O. Box 2350, 1469 Kings Street
Windsor, Nova Scotia B0N 2T0
Telephone: 798-8319

Dartmouth District Office
Department of Community Services
Duncan Rosnok, District Supervisor
Suite 205, Dartmouth Professional Centre
277 Pleasant Street, Dartmouth,
Nova Scotia B2Y 4B7
Telephone: 424-4158

Sackville District Office
Department of Community Services
Graeme Fraser, District Supervisor
Cobequid Multi-Service Centre, 70 Memory Lane
Lower Sackville, Nova Scotia B4C 2J3
Telephone: 865-5750

Coordinated Home Care Program

DEPARTMENT OF COMMUNITY SERVICES

In April of 1987, the Government of Nova Scotia launched a Coordinated Home Care Program to be delivered through a new Home Care Coordinating Agency comprising the Ministers of Community Services, Health and Fitness, Housing, Municipal Affairs and other Ministers as necessary. Responsibility for its administration was delegated to the Department of Community Services, through the office of a Provincial Home Care Coordinator and a staff including seven Regional Home Care Coordinators.

WHAT IS THE COORDINATED HOME CARE PROGRAM?

Coordinated Home Care is the coordinated delivery of a range of health, housing and social services to those who require assistance or support in order to remain at home, and to those whose functioning without Coordinated Home Care is likely to deteriorate to the point where they can no longer stay at home in the community.

The current core services of the Coordinated Home Care Program include Homemaker Services, Home Nursing, Housing and Volunteer Services. Volunteer Services may include heavy housework, home handyperson services, basic yard services, transportation and snow clearance. Meals-On-Wheels and Wheels-To-Meals programs generally operated through the Volunteer Sector add to the comprehensiveness of the Home Care Program itself and may already be available in your community.

WHO MAY BENEFIT FROM THE COORDINATED HOME CARE PROGRAM?

There are three populations to whom the Coordinated Home Care Program will give priority:

1. **Senior Citizens**
2. **Disabled Persons**
3. **Families at Risk or in Crisis**

The three populations are defined as follows.

1. **Seniors:** any person 65 years of age and over who is limited in the activities of normal living which are necessary to maintain his or her independence, health, well-being and participation in community life.
2. **Disabled:** any person who has prolonged major physical or mental impairment, or both, which at the highest level of functioning, still limits his or her ability to engage in the activities of daily living necessary to maintain his or her independence, health, well being and participation in community life.

   Major is defined as an impairment that markedly restricts the client's activities of daily living (ability to perform basic functions independently).

   Prolonged is defined as lasting or expected to last at least 12 months.

   Activities of Daily Living include such activities as bathing, dressing, and eating.
3. **Families at Risk:** those families who are in danger of breakdown due to their inability to cope with their child care responsibilities and require help in order to gain or regain the status of independent living. Health problems, abuse, neglect, or the potential for any of these are characteristic of the family at risk.

A formal multidisciplinary assessment is the means by which all individuals are admitted to the Coordinated Home Care Program and by which the care plan arrangements are individualized.

DEPARTMENT OF COMMUNITY SERVICES
COORDINATED HOME CARE PROGRAM

Name	Address	Telephone #	Area of Responsibility
MAIN OFFICE Robert P. Moody Provincial Coordinator, Home Care Program	P.O. Box 696 Halifax, Nova Scotia B3J 2T7	424-4653	
A. Stewart Brown Director, Homemaker Services	P.O. Box 696 Halifax, Nova Scotia B3J 2T7	424-4284	
Joan Redmond (Mrs.) Assist. Provincial Coordinator, Home Care Program	P.O. Box 696 Halifax, Nova Scotia B3J 2T7	424-4653	
Linda Young (Ms.) Research Officer (Term Position)	P.O. Box 696 Halifax, Nova Scotia B3J 2T7	424-4653	
Charlett Brine (Ms.) Secretary to Provincial Coordinator & Assist. Provincial Coordinator	P.O. Box 696 Halifax, Nova Scotia B3J 2T7	424-4653	

Cheryl Roosjen (Mrs.) Secretary to Director, Homemaker Services	P.O. Box 696 Halifax, Nova Scotia B3J 2T7	424-4284	
CAPE BRETON REGION Coleen Chisholm (Mrs.) Regional Home Care Coordinator	Suite 7, Provincial Bldg. 360 Prince Street Sydney, Nova Scotia B1P 5L1	563-3300	All of Cape Breton
CENTRAL REGION Mary Jo McFadden (Mrs.) Regional Home Care Coordinator	P.O. Box 950 58 Willow Street Truro, Nova Scotia B2N 5G7	895-6337	Colchester County Cumberland County
HALIFAX REGION Marla Gaudet (Mrs.) Regional Home Care Coordinator	Metro One, 6061 Young St. Suite 320, Box 8715 Halifax, Nova Scotia B3K 5M4	424-2687	Halifax County
NORTH SHORE REGION Nina Clarke (Mrs.) Regional Home Care Coordinator	P.O. Box 488 Campbell's Lane New Glasgow, Nova Scotia B2H 5E5	755-5950	Pictou County Antigonish County Guysborough County
SOUTH SHORE REGION Alice Middleton (Mrs.) Regional Home Care Coordinator	P.O. Box 1360 43 Carten Street Liverpool, Nova Scotia B0T 1K0	354-3422	Queens County Lunenburg County Shelburne County
VALLEY REGION Mary Ledwell (Ms.) Regional Home Care Coordinator	P.O. Box 188 F. W. Robinson Building 374 Main Street Kentville, Nova Scotia B4N 3W7	678-6176	Kings County Hants County
WESTERN REGION Louis Comeau Regional Home Care Coordinator	P.O. Box 460 10 Starrs Road Yarmouth, Nova Scotia B5A 4B4	742-7871	Yarmouth County Digby County Annapolis County

WHAT WILL IT COST THE CONSUMER?

Home Nursing Services as determined through the multidisciplinary assessment will be cost free to the person requiring them.

Persons requiring Homemaker Services and desiring that they be subsidized will be required to declare their income. If their income falls within the Family Size and Income Guidelines, services may be provided free of charge. Some agencies have a nominal charge in order to raise funds required to provide services, however, if these rates create a financial burden, they are waived.

WHOM DO YOU CONTACT FOR SERVICE? — SINGLE ENTRY

With the exception of the Cities of Halifax and Dartmouth, access to the Coordinated Home Care Program will be through the Provincially designated Homemaker Agency for the area. Toll free numbers for each area are being arranged.

Entry Points for Cities of Halifax and Dartmouth — Coordinated Home Care Program

CITY OF HALIFAX

Agency:
HALIFAX COMMUNITY CARE — HOME CARE
Auspices:
Municipal
Contact:
Bertilla Sampson
Assistant Supervisor
Telephone: 421-6402
2nd Floor, 2156 Brunswick Street
Halifax, Nova Scotia B3K 2Y8

CITY OF DARTMOUTH

Agency:
VOLUNTEERS AND HOME CARE PROVIDERS
Auspices:
Municipal
Contact:
Mrs. Ann Black
Coordinator
Telephone: 464-2380
P.O. Box 817
Dartmouth, Nova Scotia B2Y 3Z3

Entry Points for the Coordinated Home Care Program, Provincially Designated Homemaker Services as of October, 1988

HALIFAX COUNTY

Agency:
MUNICIPALITY OF HALIFAX CO.
HOMEMAKERS SERVICES
Auspices:
Municipal
Contact:
Debra Harvey
Co-ordinator
OR
Phyllis Naughle
Box 8, Comp. 8, Unit 8 & 9
Lower Sackville, B4C 3J4
Telephone: 864-1147

CAPE BRETON REGION

Agency:
CITIZENS SERVICE LEAGUE OF GLACE BAY
Auspices:
Municipal
Contact:
Jean Hull
Supervisor
Telephone: 849-2449
14R Commercial Street
Glace Bay, Nova Scotia B1A 3C1

Agency:
DOMINION VISITING HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
June Warner
Coordinator
Telephone: 849-1202
40 Duggan Street
Dominion, Nova Scotia B0A 1E0

Agency:
INVERNESS COUNTY HOMEMAKER SERVICES
Auspices:
Municipal
Contact:
Betty Campbell
Coordinator
Telephone: 787-2274
Municipal Building
P.O. Box 179,
Port Hood, Inverness County, Nova Scotia B0E 2W0

Agency:
RICHMOND COUNTY HOMEMAKER SERVICES
Auspices:
Municipal
Contact:
Audrey Boudreau
Coordinator
Telephone: 535-2828
P.O. Box 93
St. Peter's, Nova Scotia B0W 1E0

Agency:
NEW WATERFORD HOMEMAKER
SERVICE SOCIETY
Auspices:
Private
Contact:
Mrs. Janet M. Wilcox
Coordinator
Telephone: 862-7554
Urban Centre, 3390 Plummer Avenue
New Waterford, Nova Scotia, B1H 1Z1

Agency:
NORTHSIDE VISITING
HOMEMAKER SERVICE SOCIETY
Auspices:
Private
Contact:
Mrs. Norma Blinkhorn
Coordinator
Telephone: 736-2701
18 King Street
Sydney Mines, Nova Scotia B1V 2Y4

Agency:
SYDNEY HOMEMAKER SOCIETY
Auspices:
Private

Contact:
Mrs. Evelyn Sampson
Supervisor
Telephone: 564-0460
105 Inglis Street
Sydney, Nova Scotia B1P 1W9

Agency:
TOWN OF PORT HAWKESBURY
Auspices:
Municipal
Contact:
Mrs. Imelda Polley
Coordinator
Telephone: 625-0662
P.O. Box 359
Port Hawkesbury, Nova Scotia B0E 2H5

Agency:
MUNICIPALITY OF VICTORIA COUNTY
Auspices:
Municipal
Contact:
Darlene McInnes
Coordinator
Telephone: 295-3233
P.O. Box 29
Baddeck, Nova Scotia B0E 1B0

Agency:
CAPE BRETON COUNTY HOMEMAKERS
Auspices:
Private
Contact:
Mrs. Colleen MacPherson
Director
Telephone: 562-5003
1056 Kings Road
Sydney River, Nova Scotia B1S 1C7

CENTRAL REGION

Agency:
CHILDREN'S AID & FAMILY SERVICES OF COLCHESTER COUNTY
Auspices:
C.A.S.
Contact:
Dianne Ardern
Supervisor
Telephone: 895-6337
P.O. Box 950
Truro, Nova Scotia B2N 5G7

Agency:
FAMILY & CHILDREN'S SERVICES OF CUMBERLAND COUNTY
Auspices:
C.A.S.
Contact:
Mary Hawley
Coordinator
Telephone: 667-3336
P.O. Box 399
Amherst, Nova Scotia B4H 3Z5

NORTH SHORE REGION

Agency:
ANTIGONISH & AREA HOMEMAKER SERVICE
Auspices:
Private
Contact:
Sadie Floyd
Coordinator
Telephone: 863-6477
42 West Street
Antigonish, Nova Scotia B2G 2H5

Agency:
GUYSBOROUGH COUNTY HOMEMAKER SERVICES
Auspices:
Municipal
Contact:
Mary MacAskill
Coordinator
Telephone: 533-3655
P.O. Box 79
Guysborough, Nova Scotia B0H 1N0

Agency:
TOWN OF MULGRAVE HOMEMAKERS SERVICES
Auspices:
Municipal
Contact:
Moira Wilneff
Telephone: 747-2243
P.O. Box 129
Mulgrave, Nova Scotia B0E 2G0

Agency:
PICTOU COUNTY VISITING HOMEMAKERS
Auspices:
Private
Contact:
Anne Cullen
Supervisor
Telephone: 752-0560
2nd Level, Aberdeen Mall
610 East River Road
New Glasgow, Nova Scotia B2H 3S2

Agency:
ST. MARY'S HOMEMAKER SERVICE SOCIETY
Auspices:
Private
Contact:
Barbara Croft
Coordinator
Telephone: 522-2861
P.O. Box 8
Sherbrooke, Nova Scotia B0J 3C0

Agency:
TOWN OF CANSO HOMEMAKER SERVICES

Auspices:
Municipal
Contact:
Bernice Hanlon
Telephone: 366-2525
Box 189
Canso, Nova Scotia B0H 1H0

SOUTH SHORE REGION

Agency:
FAMILY & CHILDREN'S SERVICES OF LUNENBURG COUNTY
Auspices:
C.A.S.
Contact:
Corine Zinck
Supervisor
Telephone: 543-2411
Suite 105, Provincial Building
99 High Street
Bridgewater, Nova Scotia B4V 2W8

Agency:
QUEENS COUNTY HOMEMAKERS
Auspices:
C.A.S.
Contact:
Bob McConnell
Supervisor
Telephone: 354-3422
c/o Family & Children's Services of Queens County
P.O. Box 1360
Liverpool, Nova Scotia B0T 1K0

Agency:
MUNICIPALITY OF BARRINGTON & TOWN OF CLARK'S HARBOUR HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Barbara Acker
Supervisor
Telephone: 637-2335
c/o Shelburne District Office
P.O. Box 9
Barrington, Nova Scotia B0W 1E0

Agency:
MUNICIPALITY OF SHELBURNE HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Barbara Acker
Supervisor
Telephone: 637-2335
c/o Shelburne District Office
P.O. Box 9
Barrington, Nova Scotia B0W 1E0

Agency:
TOWN OF LOCKEPORT HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Barbara Acker
Supervisor
Telephone: 637-2335
c/o Shelburne District Office
P.O. Box 9
Barrington, Nova Scotia B0W 1E0

Agency:
TOWN OF SHELBURNE HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Barbara Acker
Supervisor
Telephone: 637-2335
c/o Shelburne District Office
P.O. Box 9
Barrington, Nova Scotia B0W 1E0

VALLEY REGION

Agency:
HOMEMAKERS SERVICES OF HANTS COUNTY
Auspices:
Municipal
Contact:
Susan Frenette
Supervisor
Telephone: 798-4452
P.O. Box 2350
Windsor, Nova Scotia B0N 2T0

Agency:
KINGS COUNTY HOMEMAKER SERVICES
Auspices:
Municipal
Contact:
Kathy Bull
Supervisor
Telephone: 678-6141
c/o Kings County Social Services
P.O. Box 100
Kentville, Nova Scotia B4N 3W3

Agency:
TOWN OF WOLFVILLE HOMEMAKER SERVICES
Auspices:
Municipal
Contact:
Mrs. Gwen Gordon
Supervisor
Telephone: 542-5767
P.O. Box 418
Wolfville, Nova Scotia B0P 1X0

WESTERN REGION

Agency:
HOMEMAKER SERVICES OF ANNAPOLIS COUNTY
Auspices:
C.A.S.

Contact:
Ruth Smith
Coordinator
Telephone: 532-5130
Box 213
Annapolis Royal, Nova Scotia B0S 1A0

Agency:
MUNICIPALITY OF CLARE
HOMEMAKER SERVICES
Auspices:
Municipal
Contact:
Donna Coggins
Coordinator
Telephone: 769-2031
P.O. Box 458
Little Brook
Digby County, Nova Scotia B0W 1Z0

Agency:
MUNICIPALITY OF DIGBY
HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Bonnie VanTassell
Coordinator
Telephone: 245-5811
c/o Digby District Office
Department of Community Services
P.O. Box 399
Digby, Nova Scotia B0V 1A0

Agency:
TOWN OF DIGBY HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Bonnie VanTassell
Coordinator
Telephone: 245-5811
c/o Digby District Office
Department of Community Services
P.O. Box 399
Digby, Nova Scotia B0V 1A0

Agency:
MUNICIPALITY OF ARGYLE
HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Sam Cummings
Supervisor

Nellie Marshall
Coordinator
Telephone: 742-7871
c/o Western Regional Office
Department of Community Services
P.O. Box 460
Yarmouth, Nova Scotia B5A 4B4

Agency:
MUNICIPALITY OF YARMOUTH
HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Sam Cummings
Supervisor

Nellie Marshall
Coordinator
Telephone: 742-7871
c/o Western Regional Office
Department of Community Services
P.O. Box 460
Yarmouth, Nova Scotia B5A 4B4

Agency:
TOWN OF YARMOUTH HOMEMAKER SERVICE
Auspices:
Municipal
Contact:
Sam Cummings
Supervisor

Nellie Marshall
Coordinator
Telephone: 742-7871
c/o Western Regional Office
Department of Community Services
P.O. Box 460
Yarmouth, Nova Scotia B5A 4B4

Other Available Homemaker Services in Nova Scotia

HALIFAX REGION

Agency:
C.A.S. OF HALIFAX
Auspices:
C.A.S.
Contact:
Mrs. Marilyn Peers
Executive Director
Telephone: 425-5420
(Family Skills Service)
5244 South Street
Halifax, Nova Scotia B3J 1A4

Agency:
DARTMOUTH COMMUNITY
HOMEMAKERS ASSOCIATION
Auspices:
Private
Contact:
Mrs. Josephine Ruth
Executive Director
Telephone: 463-3021
P.O. Box 62
Dartmouth, Nova Scotia B2Y 3Y2

Agency:
DARTMOUTH SENIORS-KIWANIS MULTI-SERVICE CENTRE
Auspices:
Private
Contact:
Mrs. Connie Wenuas
Executive Director
Telephone: 465-5578
45 Ochterloney Street
P.O. Box 1146
Dartmouth, Nova Scotia B2Y 4B8

Agency:
FAMILY SERVICES OF SUPPORT ASSOCIATION
Auspices:
Private
Contact:
Ms. Cheryl Gillett
Director
Telephone: 420-1323
Room 101, Alexander Centre
2156 Brunswick Street
Halifax, Nova Scotia B3K 2Y8

Agency:
HOMEMAKERS BUREAU
Auspices:
Private
Contact:
Carolen Beairsto
Manager
Telephone: 423-8323
Suite 2
5555 Young Street
Halifax, Nova Scotia B3K 1Z7

Agency:
RED CROSS HOMEMAKERS SERVICE
Auspices:
Private
Contact:
Sharon Garroway
Director
Telephone: 423-9181
1940 Gottingen Street
P.O. Box 366
Halifax, Nova Scotia B3J 2P8

CAPE BRETON REGION

In this region, all homemaker services are included as entry points to the Home Care Program, p 27.

NORTH SHORE REGION

Agency:
ANTIGONISH COUNTY HOMEMAKERS
Auspices:
Municipal
Contact:
Mrs. Debbie Sullivan
Teaching Homemaker
Telephone 863-1117
(Mr.) L.A. Mills
District Supervisor
Telephone: 863-3213
c/o Antigonish District Office
Department of Community Services
Suite 101, 11 James Street
Antigonish, Nova Scotia B2G 1R6

Agency:
CHILDREN'S AID SOCIETY OF PICTOU COUNTY
Auspices:
C.A.S.
Contact:
Cyril Reddy
Executive Director
Telephone: 755-5950
P.O. Box 488
New Glasgow, Nova Scotia B2H 5E5

VALLEY REGION

Agency:
FAMILY & CHILDREN'S SERVICES OF KINGS COUNTY
Auspices:
C.A.S.
Contact:
Barry Costello
Executive Director
Telephone: 678-6176
P.O. Box 188
Kentville, Nova Scotia B4N 3W7

Meals on Wheels

In this program, meals are delivered by teams of volunteers from various centres in the Province. These centres are listed in a Meals on Wheels Directory. The Directory also lists the cost of the meal, the days on which meals are available and the Co-ordinator of a specific area.

Requests to a centre for meals may be made by an agency, a relative, a friend or in person.

The meals for this program are purchased from Homes for Special Care and/or hospitals. The programs are self-supporting in that actual food costs are covered by the fee charged the individual.

Any community group, private or public, may apply to establish a Meals on Wheels program by completing a Meals on Wheels proposal form available from Ms. Fran Sutherland, P.O. Box 696, Halifax, Nova Scotia. A Meals on Wheels Directory may also be obtained at that address.

Wheels to Meals

In this program individuals are transported by volunteers or public transport to a central location, i.e. a Home for Special Care.

A nutritious meal is served providing at least one-third to one-half of the recommended daily requirement. The fee is governed by the actual cost of the meal.

Individuals volunteer their time, talent and social skills to the persons using the service.

Those wanting to use the service may request it personally or be referred by a friend, relative or agency.

Facilities wishing to establish a Wheels to Meals service are encouraged to complete a proposal form for Wheels to Meals, available from Ms. Fran Sutherland, P.O. Box 696, Halifax, Nova Scotia. Advice and an evaluation of the situation as well as a copy of the Directory are available at the same address.

Location of M.S.I. Offices

Nova Scotia's Health Insurance Plans are designed to provide all eligible residents with a broad range of coverage for medically required hospital, medical, dental, optometric and pharmaceutical services.

The cost of providing these services to Nova Scotians is met from the general revenues of the Province. There are no premiums.

Requests for further information about Nova Scotia Health Services Insurance should be directed to one of the Maritime Medical Care Incorporated offices.

The addresses are as follows:

Medical Services Insurance
7 Spectacle Lake Drive
Dartmouth, Nova Scotia
Telephone: 465-9700

Mailing Address:
P.O. Box 500
Halifax, Nova Scotia
B3J 2S1

M.S.I. Branch Offices are located at:

Garrison Place
1526 Dresden Row
4th Floor
Halifax, Nova Scotia
Telephone: 465-9700, Local

130 George Street
New Glasgow, Nova Scotia
B2H 2K6
Telephone: 752-5233
and

54 Prince Street
Sydney, Nova Scotia
B1P 5J7
Telephone: 564-6398

Persons living outside a branch office area within Nova Scotia may use the toll free number 1-429-8880.

For further hospital information contact:

Nova Scotia Department of Health and Fitness
Joseph Howe Building
Corner of Prince & Hollis Streets
P.O. Box 488
Halifax, Nova Scotia
B3J 2R8
Telephone: 424-5615

M.S.I. Pharmacare

The Pharmacare plan is available to all residents of Nova Scotia who have been registered under the M.S.I. program and are 65 years of age and over.

Those wishing to apply and not registered for M.S.I. should complete a Registration for Health Services form which may be obtained by contacting any M.S.I. office.

Pharmacare covers those preparations which are normally prescribed by a doctor or dentist in the course of treatment and dispensed by a pharmacist.

All individuals eligible for Pharmacare are provided with a personalized plastic "Pharmacard" which should be presented to the pharmacy along with the prescription.

If the pharmacy has agreed to be a participating pharmacy under the plan, a claim form will be completed listing the medication(s) and cost.

If the pharmacy is not a participating one, the client will be advised immediately by the pharmacy on presentation of the Pharmacard. The client will be required to pay for any prescriptions dispensed. The non-participating pharmacy will then give the client a "Pay Patient" claim form, properly completed. This completed form should be sent to M.S.I. which will pay the client directly the amount that would be paid a participating pharmacy for dispensing the same prescription.

Provision has been made to ensure that drugs are provided by a physician where there is no pharmacy within 15 miles of the physician's office.

Nova Scotia's Health Insurance Plans cover only people residing in the province. Individuals travelling within Canada or abroad are advised to obtain additional health care insurance coverage. The application forms for such coverage are available from most travel agencies.

Provision has also been made for Nursing Homes, Extended Care Facilities and similar institutions to be granted "authorized provider" status by M.S.I. for dispensing insured prescription services.

Community Health Nursing — Nova Scotia Department of Health and Fitness

The Nova Scotia Department of Health and Fitness's Community Health Nursing provides health promotion, health protection and illness prevention services to all residents of Nova Scotia. Services to seniors span a broad range of activities. The goal of Community Health Nursing is to promote health which most often is associated with independent living and a healthy lifestyle.

There are 7 Health Units across the province. While general services are standard across the Health Units, individual Health Units adapt services to meet the needs of individual communities.

Community Health Nursing provides education to seniors through individual, group and community services. This may be through seniors' clinics or individual or seniors' housing home visits. The Community Health Nurse acts as a resource person and is in the ideal position to help coordinate services that seniors often require.

In addition to education, Community Health Nurses provide care to seniors to assist in staying at home. Emphasis is placed on education, self care and independence. Assessment of needs, development of a plan of care and developing a close liaison with other health care and social providers are essential to assure quality services to seniors. Examples of services that can be provided may be medication supervision, personal care, dressing changes, and nutrition counselling.

Community Health Nurses' services can be requested directly by the client; by the family physician, or by any agency or person on the client's behalf. Services are free of charge to the client.

For further information contact one of the Health Units across the province.

Atlantic Health Unit
1600 Bedford Highway
Bedford, Nova Scotia B4A 1E8
Telephone 424-8100

Cape Breton Health Unit
Provincial Bldg., 360 Prince Street
Sydney, Nova Scotia B1P 5L1
Telephone 564-4447

Fundy Health Unit
20 Gerrish Place, P.O. Box 908
Windsor, Nova Scotia B0N 2T0
Telephone 798-2264

Lunenburg-Queens Health Unit
Provincial Bldg., 99 High Street
Bridgewater, Nova Scotia B4V 1V8
Telephone 543-4685

Cobequid Health Unit
523 Prince Street, P.O. Box 40
Truro, Nova Scotia B2N 5B6
Telephone 895-5321

Northumberland Health Unit
c/o MacDonald School
Ross Road, P.O. Box 310
Pictou, Nova Scotia B0K 1H0
Telephone 485-4388

Western Health Unit
60 Vancouver Street, P.O. Box 338
Yarmouth, Nova Scotia B5A 4B3
Telephone: 742-7141

Mental Health Services

Outpatient mental health services are provided at most of the larger hospitals in the Province. Frequently, outpatient departments require a referral from the family doctor.

In addition more specialized services, in the form of Partial Hospitalization Programs and Psychogeriatric Services for inpatients, may be available on referral.

For further information please contact:

Camp Hill Hospital
Psychiatric Services
1763 Robie Street
Halifax, Nova Scotia B3H 3G2
Telephone: 423-1371

Nova Scotia Hospital
P.O. Box 1004
Dartmouth, Nova Scotia B2Y 3Z9
Telephone: 464-3111

Victoria General Hospital
Inpatient Psychiatric Unit
1278 Tower Road
Halifax, Nova Scotia B3H 2Y9
Telephone: 428-2110

Aberdeen Hospital
Department of Psychiatric & Mental Health Services
559 East River Road
New Glasgow, Nova Scotia B2H 3R8
Telephone: 755-1137

Cape Breton Hospital
P.O. Box 515
Sydney, Nova Scotia B1P 6H4
Telephone: 539-3370

Colchester Hospital
Department of Psychiatric
Mental Health Services
Willow Street
Truro, Nova Scotia B2N 5A1
Telephone: 895-5323

Dawson Memorial Hospital
Mental Health Centre
150 Dufferin Street
Bridgewater, Nova Scotia B4V 2H1
Telephone: 543-7191

Hants Community Hospital
Psychiatric Mental Health Services
P.O. Box 520
Windsor, Nova Scotia B0N 2T0
Telephone: 798-8351

Highland View Regional Hospital
Cumberland Psychiatric Mental Health Services
88 Charles Street
Amherst, Nova Scotia B4N 1N6
Telephone: 667-3879

Saint Martha's Hospital
Division of Psychiatric Services
P.O. Box 1417
Antigonish, Nova Scotia B2G 2L7
Telephone: 863-4511

Valley Health Services Association
186 Park Street
Kentville, Nova Scotia B4N 1M7
Telephone: 678-7381

Yarmouth Regional Hospital
Psychiatric Mental Health Services
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-3541

Nova Scotia Commission On Drug Dependency

The Nova Scotia Commission on Drug Dependency was established in 1972. Its mandate includes:

1. the delivery of comprehensive decentralized treatment and rehabilitation services for drug dependent people
2. prevention, education and community outreach programming in drug dependency
3. assistance to industry in setting up Employee Assistance Programs
4. evaluation and research activities.

The Commission operates a network of treatment programs across the province. These include detoxification services, outpatient services, 28 day inpatient programs and long term sheltered workshop services. There is no fee charged for any of the services offered by the Nova Scotia Commission on Drug Dependency. Participation in any of the Commission's programs is voluntary. The Commission operates a library in its Central Office, and pamphlets and brochures on drug dependency are available upon request. One pamphlet of particular interest for seniors is "Your Medicine and How to Use it Safely — A Guide for Senior Citizens".

For further information, please contact:

Central Office

Nova Scotia Commission on Drug Dependency
Suite 314, Lord Nelson Building
5675 Spring Garden Road
Halifax, Nova Scotia B3J 1H1
Telephone: 424-4270

Regional Offices

Cape Breton Addiction Rehabilitation Centre
115 Alexandra Street
Sydney, Nova Scotia B1P 6H7
Telephone: 563-2030

Metro/Lunenburg Drug Dependency Program
P.O. Box 896, Pleasant Street
Dartmouth, Nova Scotia B2Y 3Z6
Telephone: 424-5623

North Shore Drug Dependency Program
P.O. Box 359, Denoon Street
Pictou, Nova Scotia B0K 1H0
Telephone: 485-4335

Western Regional Drug Dependency Program
50 Vancouver Street
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-2406

Valley Health Services Association
Alcoholism Program
Miller Hospital
Kentville, Nova Scotia B4N 1C4
Telephone: 678-3251 (Local 140)

Camp Hill Hospital

Camp Hill is a community hospital which, in addition to regular hospital services, provides special services for seniors and war veterans. Veterans of Canada's armed conflicts may be eligible for long-term care at Camp Hill, with eligibility being determined by the Department of Veterans' Affairs. An extensive array of programs is being developed to deal with the health care needs of elderly Nova Scotians. Some of the specific programs are: the Geriatric Assessment Unit, the Geriatric Day Hospital and specialty out-patient clinics such as the Memory Disability Clinic. Referral to these programs must be by the individual's personal physician. Ultimately, it is hoped that a comprehensive and coordinated Centre for Health Care of the Elderly will be developed at the Camp Hill site to serve elderly Nova Scotians. For more information, please contact:

Division of Geriatric Medicine
Camp Hill Hospital
Halifax, Nova Scotia B3H 3G2
Telephone: 420-2561

Nova Scotia Department of Housing

6

The Nova Scotia Department of Housing provides the following programs which seniors may find helpful.

Small Loans Assistance Program

The Nova Scotia Department of Housing is solely responsible for a small loans assistance program which provides low interest loans for repairs, alterations or additions to single family homes and for completion or partial completion of a single family home. Assistance may also be provided to homeowner/occupants of larger single family homes to convert a portion of the home into self-contained apartment units. The eligibility requirements are as follows:

a) The client must own and reside in the dwelling for which the application is made.

b) The client must have an adjusted family income of less than $21,500.00 per annum. (gross family income less $1,000 for a working spouse and $500 for each dependent child.)

c) Applicants must have a good credit rating.

d) Total housing indebtedness must not exceed 27% of the gross family income. (Principal, interest and taxes for housing related loans.)

The dwelling must be:

a) The principal residence of the applicant, and

b) a single family unit. It may be detached, semi-detached, a mobile home or a unit of row housing.

The total outstanding charges must not exceed 75 per cent of the property's appraised value.

Senior Citizens' Rent-To-Income Housing

The Nova Scotia Department of Housing works together with Canada Mortgage and Housing Corporation, relevant local housing authorities and other non-profit housing groups to provide affordable, comfortable living accommodations for senior citizens. The apartment units are generally one bedroom suites. Some units are designed for handicapped seniors.

The administration and management of these units rests with the local housing authority, of which there are 43 in Nova Scotia. The admission process is the responsibility of the local housing authority.

An applicant, in order to be eligible for admission, must be 58 years of age or older and must be physically and mentally capable of self-care in an apartment. There is a twelve month residence requirement during the three years immediately prior to the application, or the resident must have resided in the relevant municipality for a period of at least 60 months of his/her adult life. There is no income ceiling, but priority is given to applicants in the lower income group.

Rent is subsidized by the federal, provincial, and municipal governments, with the result that the tenant pays 16.7% to 25% of gross income in rent. The capital costs are paid by The Nova Scotia Housing Development Fund (for projects built after 1985). Operating losses are shared on the same formula, with the provincial share being divided between the province and the relevant municipality.

Some 7,046 units of senior citizens' housing have been constructed and are available in the province through the local Department of Housing.

Special Purpose Non-Profit Housing

The Nova Scotia Department of Housing, Canada Mortgage and Housing Corporation, public and private non-profit housing groups and relevant municipalities work together to provide non-profit housing for special needs groups.

"Special needs groups" include individuals requiring special care due to physical or mental infirmities.

The following groups are eligible:

a) Public non-profit groups made up of Provincial or Municipal representatives (members of municipal councils, etc.). Public non-profit groups work through Nova Scotia Department of Housing and The Department of Community Services.

b) Private non-profit groups comprised of members drawn from church organizations and Legion branches. These work with The Departments of Housing and Community Services.

Canada Mortgage and Housing Corporation provides a subsidy, in the form of a write-down on the interest rate on the mortgage from the current rate to 2%. Should the write-down not provide sufficient assistance in public non-profit projects, the Province of Nova Scotia will share in the operating loss, dollar for dollar, with the municipality until the provincial share reaches a maximum of 12.5% of the operating deficit or 25% of the Federal contribution, whichever is less. Any further deficit must be handled by the municipality.

The non-profit group, after having been incorporated, advises the Nova Scotia Department of Housing and the Department of Community Services of the project it wishes to undertake. Such projects may be new construction or the acquisition and conversion of existing units. The group also indicates the "all in" costs of the project, the estimated revenue from rental and the cost of operation.

Senior Citizens' Assistance Program

The Nova Scotia Department of Housing provides this program, the purpose of which is to assist seniors wishing to remain in their own homes but financially unable to carry out the necessary repairs.

The eligibility requirements are as follows:

a) The client or spouse must be 65 years of age or over.

b) The client and spouse must have a combined gross annual income of $16,000 or less.

c) The client must own, be part owner or have a life interest in, and must reside in, the dwelling for which the application was made, and

d) The client must not have received previous assistance.

To be eligible, the dwelling must:

a) be the principal residence of applicant,

b) be a single family unit, and may be detached, semi-detached or one unit of row housing or a mobile home.

Assistance is given in the form of forgivable loans of up to $3,000. The loans are secured by a Loan Agreement. Loans are forgiven at the rate of $83.34 per month as long as the recipient continues to own and occupy the premises. If the title is transferred, the total loan becomes due and payable.

Provincial Housing Emergency Repair Program

The Nova Scotia Department of Housing is solely responsible for this program, the purpose of which is to provide assistance to those persons on low incomes who cannot afford to carry out the emergency repairs required to ensure the preservation of their home as a habitable unit.

The eligibility requirements are as follows:

a) priority will be given to those having a combined income of less than $6,000 per annum,

b) the client must own, be part owner or have a life interest in the dwelling for which the application is made and must occupy the dwelling,

c) only housing having severe health and safety hazards will be considered for this program.

To be eligible, the dwelling must

a) be the principal residence of the applicant, and

b) be a single family unit, and may be detached, semi-detached, a mobile home or one unit of row housing.

Assistance is given in the form of a one time grant of up to $2,500 for labour and materials.

Parent Apartment Program

The Department of Housing offers assistance to eligible home-owners to create an apartment within a principal residence for senior(s) related to the homeower.

To qualify, the applicant must have been a resident of Nova Scotia for at least one year and own real property.

THE HOME

A loan will be supplied only for the applicant's principal residence.

Total outstanding charges on the property must not exceed 90 per cent of market value after completion of the new unit.

Up to 550 square feet of space can be renovated or added on, and must include:

- 120 square feet for bedroom, storage and minor food preparation
- Easy access to existing bathing facilities if new facilities are not included in renovation.

THE LOAN

All loans will be secured by a first or second mortgage, from a minimum of $1,000 to a maximum of $15,000. The interest rate is six per cent, with a repayment term of not more than 10 years.

For Further Information

Contact the nearest regional office of the Department of Housing for information concerning this program.

REGIONAL OFFICES	COUNTIES SERVED
Cape Breton Regional Office Nova Scotia Department of Housing Provincial Bldg., Prince Street P.O. Box 1267, Sydney, Nova Scotia B1P 6J9 Phone 539-6450 *Toll Free Phone 1-539-9943*	Cape Breton Victoria Inverness Richmond
Baille Ard Sales Office Nova Scotia Department of Housing 661 Cottage Rd., Sydney, Nova Scotia B1P 6W6 Phone 562-7658	
Port Hawkesbury District Office Nova Scotia Department of Housing Provincial Bldg., P.O. Box 149 Port Hawkesbury, Nova Scotia B0E 2V0 Phone 625-0650	
Central Regional Office Nova Scotia Department of Housing Maritime Bldg., Provost St. P.O. Box 481, New Glasgow, Nova Scotia B2H 5E5 Phone 755-5065 *Toll Free Phone 1-752-0101*	Antigonish Guysborough Pictou Colchester Cumberland
Amherst District Office Nova Scotia Department of Housing 144 East Victoria St. P.O. Box 486, Amherst, Nova Scotia B4H 4A1 Phone 667-1161	
Metro Regional Office Nova Scotia Department of Housing Bedford Towers, P.O. Box 280 Bedford, Nova Scotia B4A 2X2 Phone 835-9995 *Toll Free Phone 1-835-7438*	Halifax, Hants
Millwood Village Sales Office Nova Scotia Department of Housing 294 Beaverbank Cross Road Millwood Village, Middle Sackville Nova Scotia B4E 2E2 Phone 864-3232	
Western Regional Office Nova Scotia Department of Housing P.O. Box 1000, Middleton, Nova Scotia B0S 1P0 Phone 825-3481 *Toll Free Phone 1-825-3483*	Kings Annapolis Digby Yarmouth Shelburne Queens Lunenburg

Liverpool District Office
Nova Scotia Department of Housing
267 Main St., P.O. Box 1660
Liverpool, Nova Scotia
B0T 1K0 Phone 354-2116
Toll Free Phone 1-354-2294

HEAD OFFICE
Nova Scotia Department of Housing
Royal Bank Bldg., 46 Portland St.
P.O. Box 815, Dartmouth, Nova Scotia
B2Y 3Z3 Phone 424-4483

Access-A-Home

The Nova Scotia Department of Housing uses the Access-A-Home program to assist individuals or family members whose mobility is limited to wheelchairs.

To be eligible, the applicant or a member of the applicant's family must be limited to a wheelchair by reason of a long term disability and must own or be a part owner or have a life interest in and reside in the dwelling for which application is made. The dwelling must be the principal residence of the applicant. It must be a single family unit and may be detached or semi-detached or one unit of row housing used as a home.

The work which may be done must relate to those architectural barriers which restrict the use of a wheelchair and the result of the work must be permanent.

Applications for all these programs and services are made to the Regional office serving the Nova Scotia Department of Housing. There are four Regional offices in all, located in Sydney, New Glasgow, Bedford and Middleton.

Senior Citizens' Housing Units — Managers and Locations

Local Housing Authorities & Managers	Location	# of Units
1. County of Annapolis Mr. J. A. Barteaux R.R. #3 Lawrencetown, Nova Scotia B0S 1M0 Telephone: 584-3049	Lawrencetown Clementsport	40 15
2. Town of Annapolis Royal Mr. Ernest Saulnier R.R. #2 Annapolis Royal, Nova Scotia B0S 1A0 Telephone: 532-2102	Annapolis Royal	44
3. Town of Antigonish Mr. Daniel McVicar P.O. Box 1373 Antigonish, Nova Scotia B2G 2L7 Telephone: 863-1259	Antigonish	109
4. County of Antigonish Mr. Henry Vandewiel P.O. Box 56 126 Old South River Road Antigonish, Nova Scotia B2G 2H3 Telephone: 863-6642	Havre Boucher Greenwood	15 40
5. Municipality of Argyle Mr. Wallace Strickland c/o Town of Yarmouth 398 Main Street Yarmouth, Nova Scotia B5A 1G2 Telephone: 742-4369	Wedgeport Tusket Lower West Pubnico	15 15 15
6. Municipality of Barrington Mrs. Sylvia Knowles P.O. Box 216 Barrington Passage, Nova Scotia B0W 1G0 Telephone: 637-3164	Barrington Passage	40
7. Town of Berwick Mr. Gordon Graham 137 Cottage Street Berwick, Nova Scotia B0P 1E0 Telephone: 538-9348	Berwick	25
8. Town of Bridgetown Mr. Jack MacNeil 48 Granville Street, E. Bridgetown, Nova Scotia B0S 1C0 Telephone: 665-4790	Bridgetown	39
9. Town of Canso Mr. Bernard Kavanaugh P.O. Box 286 Canso, Nova Scotia B0H 1H0 Telephone: 366-2623	Canso	25

10. Cape Breton Regional

Mr. Clare Wadden
18 Dolbin Street
P.O. Box 1372
Sydney, Nova Scotia B1P 6K3
Telephone: 539-8520

Cape Breton County	323
Dominion	35
Glace Bay	260
Louisbourg	10
New Waterford	215
North Sydney	91
Sydney	463
Sydney Mines	106

11. County of Colchester

Mrs. Ruth Weatherby
P.O. Box 781
Truro, Nova Scotia B2N 5E8
Telephone: 893-7235

Tatamagouche	50
Bass River	10
Brookfield	15
Great Village	20
Bible Hill	80
Debert	15

12. Municipality of Clare

Mrs. Helen Mazier
R.R.#1
Salmon River, Nova Scotia B0W 2Y0
Telephone: 649-2848

Church Point	20
Meteghan	15
Saulnierville	15

13. Town of Clark's Harbour

Ms. Ella Goreham
Clark's Harbour, Nova Scotia B0W 1P0
Telephone: 723-2359

Clark's Harbour	10

14. Cumberland Regional

Mr. Don Chitty
144 Victoria Street East
P.O. Box 753
Amherst, Nova Scotia B4H 4B9
Telephone: 667-8757

Amherst	165
Oxford	35
Joggins	15
River Hebert	30
Collingwood	15
Pugwash	20
Wallace	10
Parrsboro	56
Upper Nappan	15

15. Dartmouth

Mr. Jim Videto
P.O. Box 298
Suite 302
277 Portland Street
Dartmouth, Nova Scotia B2Y 3Y3
Telephone: 463-9550

Dartmouth	463

16. Town of Digby

Mr. Ray MacCleave
P.O. Box 17
Digby, Nova Scotia B0V 1A0
Telephone: 245-2559

Digby	86

17. Digby County

Mr. Ray MacCleave
c/o Town of Digby Housing Authority
P.O. Box 17
Digby, Nova Scotia B0V 1A0
Telephone: 245-2559

Weymouth	15
Bear River	15
Freeport	15

18. Guysborough

Mrs. Bernadette Long
R.R. #2
Boylston, B0H 1G0
Telephone: 533-3219
and
Mr. Louis Bezanson
Isaac's Harbour, Nova Scotia B0H 1S0
Telephone: 387-2744

Guysborough	20
Little Dover	5
Isaac's Harbour	20

19. Halifax

Mr. Michael Spencer
3251 Veith Street
Halifax, Nova Scotia B3K 3H1
Telephone: 420-6000

Halifax	1227

20. Halifax County Regional

Mr. Ron Jennex
1 Circassion Drive
Dartmouth, Nova Scotia B2W 4R7
Telephone: 462-2101

East Preston	15
Sheet Harbour	30
Eastern Passage	35
Middle Musquodoboit	25
Musquodoboit Harbour	20
Porters Lake	26
Forest Hills	30
Sackville	60
Hubbards	10
Bedford	26
Waverley	15
Timerlea	15
Hammond Plains	15
Herring Cove	14

21. Hants County East

Mr. Robert Telder
R.R.#1, Elmsdale
Hants County, Nova Scotia B0N 1M0
Telephone: 883-8400

Shubenacadie	20
Enfield	15
Maitland	15
Noel	10

22. Hants County West

Mr. Merle McCulloch
P.O. Box 2351
Windsor, Nova Scotia B0N 2T0
Telephone: 798-4547

West Hants	55
Mount Uniacke	15

23. Town of Hantsport

Ms. Pamela Grey
P.O. Box 503
Hantsport, Nova Scotia B0P 1P0
Telephone: 684-9854

Hantsport	15

24. County of Inverness

Mr. Angus MacKay
P.O. Box 286
Inverness, Nova Scotia B0E 1N0
Telephone: 258-2955

Inverness	80
Cheticamp	41
Port Hood	21
Judique	10
Mabou	10
East Margaree	15
Orangedale	15
St. Joseph-du-Moine	15

25.	Town of Kentville Mr. Conrad Campbell 55 Oakdene Ave. Kentville, Nova Scotia B4N 2B6 Telephone: 678-6652	Kentville	60
26.	County of Kings Mr. Ray Leslie 1017 Jones Road New Minas, Nova Scotia B4N 3N2 Telephone: 678-3179	South Berwick	40
		New Minas	77
		Kingston	35
		Waterville	15
		Aylesford	15
		Port Williams	15
		Canning	15
27.	Lunenburg County Mr. Alan MacArthur 84 Dufferin Street Bridgewater, Nova Scotia B4V 2G3 Telephone: 543-8200	Bridgewater	94
		Lunenburg	30
		Mahone Bay	25
		New Germany	15
		Riverport	15
		Western Shore	15
28.	Town of Middleton Mr. Gordon Rogers P.O. Box 1116 Middleton, Nova Scotia B0S 1P0 Telephone: 825-3221	Middleton	40
29.	Town of Mulgrave Mr. Sid Hales P.O. Box 98 Mulgrave, Nova Scotia B0E 2G0 Telephone: 747-3069	Mulgrave	10
30.	Town of Pictou Mr. Emile Caissie P.O. Box 849 Pictou, Nova Scotia B0K 1H0 Telephone: 485-6536	Pictou	95
31.	Pictou Regional Ms. Nadine Frazer-Bale P.O. Box 914 Westville, Nova Scotia B0K 2A0 Telephone: 396-4128	Riverton	50
		New Glasgow	164
		Westville	50
		Trenton	40
		Stellarton	70
		Thorburn	15
		Scotsburn	15
		River John	15
		Lyons Brook	10
		Merigomish	10
		Hopewell	10
		Pictou Landing	10
		Little Harbour	15
32.	Town of Port Hawkesbury Mrs. Irene MacIsaac Summit Park Port Hawkesbury, Nova Scotia B0E 2V0 Telephone: 625-0233	Port Hawkesbury	33

33. Queens Regional

Mr. Lewis Bain
267 Main Street
Liverpool , Nova Scotia B0T 1K0
Telephone: 354-2933

Liverpool	37
Caledonia	15
Milton	15

34. County of Richmond

Mr. Rudolphe Boudreau
P.O. Box 232
Petit de Grat, Nova Scotia B0E 2L0
Telephone: 226-3368

St. Peter's	26
Arichat	10
Louisdale	10
Petit de Grat	15
D'Escousse	10
L'Ardoise	10
River Bourgeois	10

35. Shelburne Regional

Mr. Karl White
P.O. Box 646
Shelburne, Nova Scotia B0T 1W0
Telephone: 875-3413

Shelburne	30
Lockeport	10
Sandy Point	15

36. Town of Springhill

Mr. Roy Teed
22 Junction Road
P.O. Box 400
Springhill, Nova Scotia B0M 1X0
Telephone: 597-3253

Springhill	101

37. Town of Stewiacke

Mrs. Ruth Weatherby
P.O. Box 249
Stewiacke, Nova Scotia B0N 2J0
Telephone: 639-2113

Stewiacke	30

38. Municipality of St. Mary's

Mr. Darrell Feltmate
P.O. Box 286
Sherbrooke, Nova Scotia B0J 3C0
Telephone: 522-2557

Sherbrooke	20

39. Town of Truro

Mr. Garry Langille
370 Robie Street
Truro, Nova Scotia B2N 1L3
Telephone: 895-7240

Truro	99

40. County of Victoria

Mrs. Irene Nicholson
P.O. Box 518
Baddeck, Nova Scotia B0E 1B0
Telephone: 295-3135

Baddeck	15
Iona	15
Ingonish	10

41. Town of Windsor

Mr. Dale Cochrane
P.O. Box 758
Windsor, Nova Scotia B0N 2T0
Telephone: 798-2287

Windsor	35

Town of Wolfville Mr. Ray Leslie Kings County Housing Authority 1017 Jones Road New Minas, Nova Scotia B4N 3N2 Telephone: 678-3179	Wolfville	55
Town of Yarmouth Mr. Wallace Strickland 398 Main Street Yarmouth, Nova Scotia B4A 1G2 Telephone: 742-4369	Yarmouth	186
County of Yarmouth Mrs. Jean Hersey P.O. Box 606 Port Maitland, Nova Scotia B0W 2V0 Telephone: 649-2365	Hebron	15
	Port Maitland	15

Learning Opportunities — General

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Universities

Several universities in Nova Scotia offer credit courses in a tuition-free basis. For further information, contact the registrar's office at the nearest university or college in the area.

MOUNT SAINT VINCENT UNIVERSITY

Mount Saint Vincent University offers a certificate in Gerontology. This progam is intended for professionals with at least one year of university study who are currently working in the field of aging and who wish to become more effective in their work by broadening their understanding of aging. Those professionals who do not have at least one year of university study may be accepted into the certificate program if they can demonstrate that they have experience and/or training equivalent to such study. Undergraduate students who are interested in gerontology may enroll in the courses, providing they meet all requirements for those courses. However, such students will not be permitted to enroll in the Certificate in Gerontology program unless this program is an adjunct to a degree program.

For further information contact:

The Admissions Office
Mount Saint Vincent University
Telephone: 443-4450

Community Education

The Department of Advanced Education and Job Training has taken an active role in working with seniors. The Department recognizes the important function played by seniors in the structure of both the family unit and the community. Special provision for seniors' groups has been made in a number of existing programs.

The Department:

1. has nominated Mr. D. J. MacLean to be the Minister's representative on the Nova Scotia Senior Citizens' Commission;
2. assists in organizing seniors' clubs, associations, and councils;
3. sponsors and assists in organization of leadership seminars;
4. develops and presents pre-retirement and retirement seminars;
5. provides consultative services and funds for projects designed to improve the quality of life of seniors throughout the province;
6. provides advice, counselling and consultation through the Area Offices of the Department of Advanced Education and Job Training.

Further information may be obtained by contacting the office in your area.

Sydney	564-8385	Halifax	424-4228
Antigonish	863-3617	Yarmouth	742-3244
Lawrencetown	584-3050	Bridgewater	543-8261
Truro	893-7208		

ElderLearners

Inaugurated in 1987, ElderLearners is an organization of seniors (55 years and over) offering members an opportunity to become involved in continuing education. It arranges programs with speakers and discussion groups on a wide variety of subjects interesting to seniors. Patterned on Universities of the Third Age in Europe, it encourages members to share ideas and become involved in continuing education.

Supported by Mount Saint Vincent University, Henson College, Experience Unlimited, Spencer House Seniors' Centre, and others including individual volunteers, ElderLearners is establishing facilities and office space at Saint Mary's University.

For more information, telephone ElderLearners, care of Saint Mary's University, 923 Robie Street, switchboard 420-5400.

National Film Board

The National Film Board has a large collection of films that may be borrowed free of charge. Videos are also available for rental.

16mm films are available to borrow free of charge. Films must be ordered at least one day in advance. Clients to whom films are mailed are required to pay return postage.

Videocassettes in VHS and Beta 1/2" are available on a rental basis at a rate of $2.00 per day + 20¢ tax and $2.20 for each additional day. This fee is payable to the Receiver General for Canada. If videos are mailed, clients are not charged for transit days. However, return postage is the responsibility of the borrower.

Should you require further information on borrowing or rental procedures, please contact the National Film Board Library at 1572 Barrington Street, Halifax, Nova Scotia, B3J 1Z6 or telephone 426-6001.

Elderhostel

Every year, thousands of people in their 60's and older participate in Elderhostel programs which are sponsored by 850 educational institutions (frequently in partnership with commercial enterprises) in Canada, the U.S., and more than 30 overseas countries.

With Elderhostel you usually make your own travel arrangements, ending up at the Elderhostel program of your choice. You then take up to 3 non-credit courses on a wide variety of liberal arts and science subjects, and partake in a rich mixture of extracurricular activities. These are usually closely tied to the culture of the area. You might live on campus in a regular dormitory, or in a charming country inn which has been temporarily turned into an Elderhostel facility.

To learn more about Elderhostel and how you can participate, please write to:

For further information contact:

Katharine Rice
Regional Director
Elderhostel Canada-Atlantic
1580 Queen St.
Halifax, Nova Scotia B3J 2J1
Telephone: (902) 423-0077

ILI Homestay Program

The International Language Institute (ILI) is looking for people who want to make new friends from around the world. The ILI Homestay program gives Haligonians the opportunity to host an international student studying in Halifax; and gives that student the opportunity to live in a Canadian home, practise English and experience our way of life firsthand.

These students have studied English in their home countries and can communicate at a basic level when they come to Canada. They are eager to learn more, and appreciate the chance to come home to an

English environment at the end of their school day. They expect to pay for their room and board — with the amount being determined by the room, number of meals provided, distance from the school, etc.

This partnership could be most beneficial for seniors in the metro area. By sharing their home they have the companionship and conversation of a younger person and would also have increased income. Many of the students, especially female students, come from very sheltered family environments and are much happier if they are living in a quiet home with older persons.

ILI staff can provide background information about the student's culture before she or he arrives. When students arrive, an ILI staff member greets them at the airport, brings them to their Homestay residence, and introduces host to guest.

If you are interested in sharing your home with a new friend please contact Chris Musial, Director, Corporate Services, International Language Institute, 429-3636.

Recreation Services — General

8

Local recreation and sport programs are available throughout Nova Scotia from municipalities, community groups and organizations, and are offered with assistance from the provincial Sport and Recreation Commission.

The Sport and Recreation Commission encourages our senior community to become more involved in all facets of recreation.

Sport and Recreation Commission — Regional Services

In order to motivate individuals, organizations, and government departments and agencies to expand recreational opportunities for seniors, the Sport and Recreation Commission has estabished seven regional offices in strategic locations throughout Nova Scotia. A Regional Representative, or in the case of the Port Hawkesbury Office, a Regional Assistant, has been appointed to supervise each office and assist with the development of recreation and sport activities.

These Regional Representatives advise interested individuals, groups, associations and municipal units on how to utilize the funding offered them for recreational programs, with the ultimate aim of giving all Nova Scotians equal opportunities for recreational involvement.

Outdoor recreation, sport, facility development and community recreation are a few of the many services offered by the Commission to the municipalities and to the local groups fulfilling the current recreational needs of seniors.

The Sport and Recreation Commission, through its regional offices, helps community organizations make improvements to existing buildings for use as community centres through the Little Red Schoolhouse Program and the Regional Fitness Development Program.

The Regional Fitness Development Program financially assists interested individuals or community organizations to develop fitness programs, host fitness conferences and/or workshops and provide financial aid to encourage and promote attendance at fitness conferences and seminars given by fitness leaders.

Application for this assistance is open to any seniors' group or individual wishing to initiate one of these programs.

Community service groups and municipal authorities may apply on behalf of seniors' organizations, providing one of their main objectives is the provision of social, recreational and sport services for seniors.

For more detailed information about programs and services offered through the Sport and Recreation Commission or for general information concerning recreation contact the Regional Representative in your area:

Nelson Ellsworth
Regional Representative-Central
(Halifax, Dartmouth, Halifax County)
45 Alderney Drive, Suite 813
Dartmouth, Nova Scotia B2Y 2N6
Telephone 424-7622

Jim Campbell
Regional Representative-Fundy
(Counties of Cumberland, Colchester

Municipality of Hants East)
542 Prince St., Truro, Nova Scotia B2N 1G1
Telephone 893-9487

William Spurr
Regional Representative-Valley
(Municipality of Hants West
Counties of Annapolis, Kings and Digby)
P.O. Box 2140, Windsor, Nova Scotia B0N 2T0
Telephone 798-5794

John MacLean
Regional Representative-South Shore
(Counties of Yarmouth, Shelburne
Queens and Lunenburg)
P.O. Box 470, Bridgewater, Nova Scotia B4V 2X6
Telephone 543-5000

Gary Boone
Regional Representative-Highland
(Counties of Pictou, Guysborough, Antigonish)
274 Main St., Antigonish, Nova Scotia B2G 2C4
Telephone 863-1736

Frank MacNamara
Regional Representative-Cape Breton
(Cape Breton Island)
Provincial Bldg., Prince Street
Sydney, Nova Scotia B1P 5L1
Telephone 563-2380

Jim Coady
Regional Assistant — Cape Breton
P.O. Box 989, Port Hawkesbury, Nova Scotia
B0E 2V0
Telephone 625-1024

Municipal Recreation Directory

With a few exceptions, the municipal units have Recreation Commissions with a chairperson and one or more staff persons. The names of the staff director/coordinators serving these commissions follow.

MUNICIPAL RECREATION DISTRICTS

Municipality of the County of Cape Breton
Mr. Bill Murphy
Director/Coordinator
865 Grand Lake Road
Sydney, Nova Scotia B1P 6W2
Telephone: 564-5541/539-7554

Town of Dominion
Mr. Roger Cuzner
Director/Coordinator
128 Commercial Street
Dominion, Nova Scotia B0A 1E0
Telephone: 849-0754

Town of Glace Bay
Mr. Fred Brooks
Director/Coordinator
Town Hall, 5 McKeen Street
Glace Bay, Nova Scotia B1A 5C1
Telephone: 849-5541 Ext. 30

Municipality of the County of Inverness
Mr. John Cotton
Director/Coordinator
Municipal Building
Port Hood, Nova Scotia B0E 2W0
Telephone: 787-2356/787-2274

Town of Louisbourg
Ms. Dawn Stewart
Director/Coordinator
P.O. Box 8
Louisbourg, Nova Scotia B0A 1M0
Telephone: 733-3383

Town of New Waterford
Mr. Gary R. McDonald
Director/Coordinator
3696 Ellsworth Avenue
New Waterford, Nova Scotia B1H 2H7
Telephone: 862-6446

Town of North Sydney
Mr. Bob Mullins
Director/Coordinator
Town Hall, Commercial Street
Post Office Box 83
North Sydney, Nova Scotia B2A 3M1
Telephone: 794-7213 Ext. 37

Town of Port Hawkesbury
Mr. Jim Pyke
Director/Coordinator
P.O. Box 10
Port Hawkesbury, Nova Scotia B0E 2V0
Telephone: 625-2591

Municipality of the County of Richmond
Mr. Clifford Boudreau
Director/Coordinator
P.O. Box 120
Arichat, Nova Scotia B0E 1A0
Telephone: 226-2400

City of Sydney
Mr. John H. Fraser
Director/Coordinator
P.O. Box 730
Sydney, Nova Scotia B1P 6H7
Telephone: 563-7500

Town of Sydney Mines
Mr. Mel Brown
Director/Coordinator
Leisure Services
38 Pitt Street
Sydney Mines, Nova Scotia B1V 1S2
Telephone: 736-3646

Municipality of Victoria County
Mr. Tom Wilson
Director/Coordinator
P.O. Box 370
Baddeck, Nova Scotia B0E 1B0
Telephone: 295-3231

Town of Antigonish and Municipality of the County of Antigonish
Mr. Raff Henderson
Director/Coordinator
274 Main Street
Antigonish, Nova Scotia B2G 2C4
Telephone: 863-3686

Municipality of Guysborough
Mr. Philip M. Hochman
Director/Coordinator
P.O. Box 3
Guysborough, Nova Scotia B0H 1N0
Telephone: 533-3508

Town of Mulgrave
Ms. Janice Rand
Director/Coordinator
P.O. Box 129
Mulgrave, Nova Scotia B0E 2G0
Telephone: 747-2243

Town of New Glasgow
Mr. Bud Brown
Director/Coordinator
P.O. Box 7
New Glasgow, Nova Scotia B2H 5E1
Telephone: 752-8209

Town of Pictou
Mr. Gerard MacIsaac
Director/Coordinator
P.O. Box 479
Pictou, Nova Scotia B0K 1H0
Telephone: 485-6057

Municipality of Pictou County
Mr. Scott Craig Bullerwell
Director/Coordinator
Municipal Office
P.O. Box 910
Pictou, Nova Scotia B0K 1H0
Telephone: 485-8528

Town of Stellarton
Mr. Karl Nightingale
Recreation Director
P.O. Box 1478
Stellarton, Nova Scotia B0K 1S0
Telephone: 752-8944

Town of Canso
Mr. Scott Conrad
Recreation Director
P.O. Box 189
Canso, Nova Scotia B0H 1H0
Telephone: 366-2525

Recreation Commission of Westville
Mr. Gary Perrin
Chairperson
P.O. Box 551
Westville, Nova Scotia B0K 2A0

Municipality of St. Mary's
Ms. Norma MacLeod
Recreation Director
P.O. Box 5
Sherbrooke, Nova Scotia B0J 3C0
Telephone: 522-2598

Town of Trenton
Mr. Martin Bates
Director/Coordinator
P.O. Box 201
Civic Building
Trenton, Nova Scotia B0K 1X0
Telephone: 752-1019

Town of Amherst
Mr. Red Faulkner
Director/Coordinator
P.O. Box 331
Amherst Stadium
Amherst, Nova Scotia B4H 3Z5
Telephone: 667-9557

Municipality of Colchester
Mrs. Eva Marks-MacIsaac
P.O. Box 697
Truro, Nova Scotia B2N 5E7
Telephone: 893-7811

Municipality of East Hants
Ms. Linda Atkinson
Director/Coordinator
P.O. Box 190
Shubenacadie, Nova Scotia B0N 2H0
Telephone: 758-2299

Town of Parrsboro
Ms. Helene Ouellette
Recreation Director
P.O. Box 400
Parrsboro, Nova Scotia B0M 1S0
Telephone: 254-2036

Town of Oxford
Mr. Terry Crowe
Recreation Director
P.O. Box 49
Oxford, Nova Scotia B0M 1P0
Telephone: 447-2189

Town of Springhill
Mr. Ron Jefferson
Director/Coordinator
P.O. Box 150
Springhill, Nova Scotia B0M 1X0
Telephone: 597-2873

Town of Truro
Mr. Doug MacKenzie
Director/Coordinator
P.O. Box 274
Truro, Nova Scotia B2N 5C1
Telephone: 895-4484

City of Halifax
Mr. Howard Oehman
Director/Coordinator
P.O. Box 1749
Halifax, Nova Scotia B3J 3A5
Telephone: 421-6424

City of Dartmouth
Mr. Len Atkinson
Director/Coordinator
P.O. Box 817
Dartmouth, Nova Scotia B2Y 3Z3
Telephone: 464-2122

Municipality of Halifax County
Mr. John Markesino
Director/Coordinator
P.O. Box 300
Halifax, Nova Scotia B3L 4K3
Telephone: 453-7704

Town of Bedford
Mr. Robert Nauss
Director/Coordinator
36 Holland Avenue
Bedford, Nova Scotia B4A 1L9
Telephone: 835-9757

Sackville Recreation
Lake District Recreation Association
Mr. Dennis Huck
Lower, Sackville, Nova Scotia B3L 4K3
Telephone: 865-3248

Town of Annapolis Royal
Mr. Jeffrey Gushue
P.O. Box 333
Annapolis Royal, Nova Scotia B0S 1A0
Telephone: 532-7667

Town of Berwick
Mrs. Suzanne Castonguay
Director/Coordinator
P.O. Box 130
Berwick, Nova Scotia B0P 1E0
Telephone: 538-8902

Town of Bridgetown
Mr. Bob Powell
Recreation Director
P.O. Box 609
Bridgetown, Nova Scotia B0S 1C0
Telephone: 665-2938

Town of Digby
Mr. Donald Dodman
Director/Coordinator
P.O. Box 429
Digby, Nova Scotia B0V 1A0
Telephone: 245-4777

Greenwood
Ms. Susan Howe
Director, Community Programs, P.O. Box 964
Greenwood, Nova Scotia B0P 1N0
Telephone: 765-8165

Town of Hantsport
Mr. Jud Porter
Director/Coordinator
P.O. Box 101
Hantsport, Nova Scotia B0P 1P0
Telephone: 684-9527

Town of Kentville
Mr. Bill Boyd
Director/Coordinator
P.O. Box 218
354 Main Street
Kentville, Nova Scotia B4N 3W4
Telephone: 678-4122

Town of Middleton
P.O. Box 340
Middletown, Nova Scotia B0S 1P0
Telephone: 825-4841

Town of Windsor
Mr. James Archibald
Director/Coordinator
P.O. Box 158
Windsor, Nova Scotia B0N 2T0
Telephone: 798-2910/798-2275

Town of Wolfville
Ms. Janet MacKay
Director/Coordinator
P.O. Box 418
Wolfville, Nova Scotia B0P 1X0
Telephone: 542-2400

Municipality of Annapolis County
Ms. Debra Ryan
Director/Coordinator
P.O. Box 100
Annapolis Royal, Nova Scotia B0S 1A0
Telephone: 532-2334

Municipality of the District of Clare
Mr. Peter Boudreau
Director/Coordinator
Municipal Building
Little Brook
Digby County, Nova Scotia B0W 1Z0
Telephone: 769-2031

Municipality of Digby County
Mr. Donald Dodman
Director/Coordinator
P.O. Box 429
Digby, Nova Scotia B0V 1A0
Telephone: 245-4777

Municipality of the District of West Hants
Mr. James Sanford
Director/Coordinator
P.O. Box 344
Windsor, Nova Scotia B0N 2T0
Telephone: 798-8391

Municipality of Kings County
Mr. Bob V. Suffron
Director/Coordinator
P.O. Box 100
Kentville, Nova Scotia B4N 3W3
Telephone: 678-6141

Village of New Minas
Bruce MacArthur
Director/Coordinator
1174 Commercial Street
New Minas, Nova Scotia B4N 3G1
Telephone: 678-6577

Municipality of Argyle
Ms. Pauline Doucet
Director/Coordinator
c/o Municipal Office
P.O. Box 10, Tusket
Yarmouth County, Nova Scotia B0W 3M0
Telephone: 648-3379

Municipality of Barrington
Mr. Ray Green
Director/Coordinator
c/o Municipal Office
Barrington, Nova Scotia B0W 1E0
Telephone: 637-3254

Town of Bridgewater
Mrs. Carol Anthony
Director/Coordinator
P.O. Box 99
Bridgewater, Nova Scotia B4V 2W8
Telephone: 543-2274

Municipality of Chester
Mr. Ron Rizzo
Director/Coordinator
c/o Municipal Office
P.O. Box 582, Chester
Lunenburg County, Nova Scotia B0J 1J0
Telephone: 275-3490

Town of Clark's Harbour
Miss Debbie Allen
Director/Coordinator
c/o Town Office, Clark's Harbour
Shelburne County, Nova Scotia B0W 1P0
Telephone: 745-2390

Town of Liverpool
Mr. Norman Amirault
Director/Coordinator
P.O. Box 550
Liverpool, Nova Scotia B0T 1K0
Telephone: 354-8181

Town of Lockeport
Mr. William Crosby
Director/Coordinator
P.O. Box 76
Lockeport, Nova Scotia B0T 1L0
Telephone: 656-3406

Town of Lunenburg
Mr. Wayne Tumblin
Director/Coordinator
P.O. Box 129
Lunenburg, Nova Scotia B0J 2C0
Telephone: 634-4006

Municipality of Lunenburg
Mr. Carroll Randall
Director/Coordinator
P.O. Box 200
Bridgewater, Nova Scotia B4V 2W8
Telephone: 543-8181

Town of Mahone Bay
Mr. Charles MacKinnon
Director/Coordinator
c/o Town Office
Mahone Bay, Nova Scotia B0J 2E0
Telephone: 624-9859

Municipality of Queens
Ms. Jean Robinson
Director/Coordinator
P.O. Box 1264
Liverpool, Nova Scotia B0T 1K0
Telephone: 354-5741

Town of Shelburne
Mr. Jerry Locke
Director/Coordinator
P.O. Box 699
Shelburne, Nova Scotia B0T 1W0
Telephone: 875-3873

Municipality of Shelburne
Ms. Marilyn Johnson
P.O. Box 280
Shelburne, Nova Scotia B0T 1W0
Telephone: 875-3544

Town of Yarmouth
Mr. W. Richard Hubbard
Director/Coordinator
c/o Court House
Yarmouth, Nova Scotia B5A 1G3
Telephone: 742-8717

Municipality of Yarmouth
Mr. Wayne Gray
Director/Coordinator
P.O. Box 152
Yarmouth, Nova Scotia B5A 4B2
Telephone: 742-8868

Recreation Council on Disability in Nova Scotia

Established in 1975, the Council serves as an information clearing house and advisory body on the recreation needs of the disabled and the aged.

A resource library containing information on social, recreational and leisure programs for older adults, buyer guides, etc., is open to the general public.

Boards have been established to serve the following municipalities – Digby, Yarmouth and Shelburne; Annapolis, Kings and West Hants; Lunenburg and Queens; Halifax; Cumberland, Colchester and East Hants; Antigonish, Pictou and Guysborough; Inverness, Victoria and Richmond; and, Cape Breton.

For further information on the Council contact:

Ms. Veronica McNeil
Administrative Secretary
Recreation Council on Disability in Nova Scotia
Suite 308
5516 Spring Garden Road
Halifax, Nova Scotia
B3J 1G6
(902) 423-6482 (Voice or TDD)

Department of Lands and Forests

Resident Nova Scotia senior citizens are offered special services by the Department of Lands and Forests. In provincial parks with overnight facilities, seniors may stay overnight at no charge. Similarly, seniors resident in this province may obtain general sport fishing licenses and small and big game hunting licenses free of charge. Seniors are reminded that salmon fishing is regulated by the federal government, which requires ALL citizens to purchase licenses for that sport.

The Nova Scotia Department of Consumer Affairs

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Through its seven divisions, the Department provides services to all Nova Scotians under twenty-two provincial and two federal statutes. Whenever possible, the mediation process is used in an attempt to resolve differences between the "consumer" and the "seller". If mediation does not work, further steps are, in most cases, either provided or recommended.

Counsellors are available, for example, on general consumer problems, pre-retirement and retirement, budgeting, mortgages and even cemetery and funeral options.

As well, tenants and homeowners have access to the Rent Review and Residential Tenancies Divisions. These divisions include the Rent Review Commission and Residential Tenancies Boards, respectively, both established to assist Nova Scotians in settling any differences.

Other Consumer Affairs Divisions are Administration, Amusements, Insurance and Credit Unions and Trust Companies — all with staff to meet your needs.

Senior citizens may contact Head Office or one of the Department's Regional Offices listed below to get advice or direction on their particular problem.

Head Office (All Divisions):
5151 Terminal Road
P.O. Box 998
Halifax, Nova Scotia
B3J 2X3
Telephone: 424-4690

Sterns Building
81 Alderney Drive
Dartmouth, Nova Scotia
B2Y 2N7
Telephone: 424-8095

Provincial Building
Prince Street
Sydney, Nova Scotia
B1P 5L1
Telephone: 563-2020

176 Archimedes Street
P.O. Box 236
New Glasgow, Nova Scotia
B2H 5E3
Telephone: 752-0975

Provincial Building
MacSween Street
P.O. Box 624
Port Hawkesbury,
Nova Scotia B0E 2V0
Telephone: 625-2691

Provincial Building
99 High Street
Bridgewater, Nova Scotia
B4V 1V8
Telephone: 543-7336

Provincial Building
120 Exhibition Street
Kentville, Nova Scotia
B4N 4E5
Telephone: 678-8500

Provincial Building
James Street
Antigonish, Nova Scotia
B2G 1R6
Telephone: 863-3610

Provincial Building
10 Starrs Road
Yarmouth, Nova Scotia
B5A 2T1
Telephone:742-7985

35 Commercial Street
Truro, Nova Scotia
B2N 3H8
Telephone: 895-1637

The Nova Scotia Department of Mines and Energy

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Ener/Info

The Nova Scotia Department of Mines and Energy provides a toll-free telephone line, available to all Nova Scotians who want to ask questions about energy and energy conservation. Your call will be answered by capable professional staff.

Call toll free in Halifax-Dartmouth: 424-8619. Elsewhere in Nova Scotia: 1-424-5727 8:30 a.m to 4:30 p.m. Monday to Friday.

Community, Legal and Counseling Services

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The Ombudsman

The Ombudsman is empowered by the Legislative Assembly of the Province of Nova Scotia to hear and, where necessary, investigate personal complaints or grievances against the provincial and municipal governments or their agencies. Wherever possible, the Ombudsman will use his investigatory powers to correct your grievances.

If you think that the provincial or municipal governments within the Province of Nova Scotia have treated you unjustly, you may appeal to the Ombudsman. Frequently he can act as intermediary to cut through "red tape" and have a wrong corrected, or offer advice on how to settle a grievance. Contact:

Ombudsman – Vacant
Province of Nova Scotia
P.O. Box 2152
Halifax, Nova Scotia B3J 3B7
Telephone: 424-6780
(Toll Free in N.S.)

Mr. Gerald de Young
Administrative Officer
Office of the Ombudsman

Nova Scotia Legal Aid

There are 10 Nova Scotia Legal Aid offices and several sub-offices located throughout the Province. Legal Aid provides legal services to people who are unable to pay for them. In order to be eligible for these services, your income must not be higher than the Municipal Social Assistance Income Scale or must meet the income and expense scale used by Legal Aid.

Nova Scotia Legal Aid offices are located in the following areas:

Halifax-Dartmouth
General Office
5212 Sackville Street
Halifax, Nova Scotia B3J 1K6
Telephone: 423-1291

Cape Breton Metro
189 Townsend Street
P.O. Box 1373
Sydney, Nova Scotia B1P 6K3
Telephone: 563-2295

Pictou County
174 Archimedes Street
New Glasgow, Nova Scotia B2H 2T6
Telephone: 752-1935

Antigonish-Strait of Canso
273 Main Street
P.O. Box 1750
Antigonish, Nova Scotia B2G 2M5
Telephone: 863-3350

Sub-office Port Hawkesbury
Central Trust Building
Reeves Street
P.O. Box 264
Port Hawkesbury, Nova Scotia B0E 2V0
Telephone: 625-2520
(Thursdays 10:00 a.m.
to noon, 2:00 p.m. to 5:00 p.m.)

South Shore
14 Dufferin Street
P.O. Box 6
Bridgewater, Nova Scotia B4V 2W6
Telephone: 543-4658

Sub-office Liverpool
43 Carten Street
P.O. Box 1360
Liverpool, Nova Scotia B0T 1K0

Telephone: 354-3215
(Thursdays 8:30 to 4:30)

Colchester County
20 Revere Street
P.O. Box 26
Truro, Nova Scotia B2N 5B6
Telephone: 895-3839

Cumberland County
134 Victoria Street East
P.O. Box 262
Amherst, Nova Scotia B4H 3Z2
Telephone: 667-7544

Windsor
P.O. Box 760
138 Gerrish Street
Windsor, Nova Scotia B0N 2T0
Telephone: 798-8397
or 798-8398

South Shore-Western Shore
253 Main Street
P.O. Box 163
Yarmouth, Nova Scotia B5A 4B2
Telephone: 742-7827

Annapolis Valley
28 Webster Court
Kentville, Nova Scotia B4N 1H2
Telephone: 678-8381

Annapolis-Digby
253 St. George Street
P.O. Box 188
Annapolis Royal, Nova Scotia B0S 1A0
Telephone: 532-2311

Dalhousie Legal Aid

Dalhousie Legal Aid Service provides legal services to clients in the Halifax-Dartmouth metropolitan area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the Law School of Dalhousie University. Contact the office at:

5557 Cunard Street
Halifax, Nova Scotia B3K 1C5
Telephone: 423-8105

Lawyer Referral Service

This service is designed to encourage individuals to seek legal advice early before problems become complicated and expensive. The service will give you the names of two lawyers; you can then arrange an appointment. The lawyer will give you an interview of up to 30 minutes at a nominal charge of $10. You can then decide either to hire the lawyer or to consult someone else, or you may be satisfied that further help is unnecessary.

The Lawyer Referral Service is operated by the Nova Scotia Barristers' Society and funded by the Law Foundation of Nova Scotia and the Barristers' Society.

Should you have a legal problem and need the advice of a lawyer contact:

The Lawyer Referral Service
Nova Scotia Barristers' Society
Keith Hall Building
1475 Hollis Street
Halifax, Nova Scotia B3J 3M4
Telephone: 429-9898
Toll Free: 1-429-9898

Hours: 9:00 a.m. to 1:00 p.m.

Public Legal Education Society

The Public Legal Education Society provides information and resources on the law to the general public. The Society offers a telephone referral service, publishes pamphlets and booklets on various areas of the law, maintains a lending library and undertakes special projects.

The Society is a private non-profit Society funded by the Law Foundation of Nova Scotia.

If you wish legal information or assistance, contact:

The Public Legal Education Society
1127 Barrington Street, Suite 103
Halifax, Nova Scotia B3H 2P8
Telephone: 423-7154

Better Business Bureau of Nova Scotia

The Better Business Bureau endeavors to:

1. receive, investigate and act upon valid complaints regarding alleged misrepresentations and irregular practices in the advertising and selling of merchandise, services, etc.;

2. furnish, upon request, available information concerning the business practices of firms dealing directly with the public;
3. offer educational material and general information in an effort to educate the consumer about the marketplace.

For information contact:

Better Business Bureau of Nova Scotia
P.O. Box 2124
1731 Barrington Street
Halifax, Nova Scotia, B3J 3B7
Telephone: 422-6581 - Inquiries
422-6582 - Complaints
422-6583 - Charity Inquiries
Telephone hours
10:00 a.m. to 3:00 p.m. weekdays

Counseling Assistance to Small Enterprises (CASE)

Attention retired businesspeople! Your services and expertise are needed to advise small enterprises and private businesses. For more information on how you can get involved, contact:

Counseling Assistance
to Small Enterprises (CASE)
Federal Business Development Bank
Suite 1400, Cogswell Tower
Halifax, Nova Scotia B3J 2Z7
Telephone: 426-2474
9:00 a.m. to 5:00 p.m.
Contact: G.V. Hazlewood
Coordinator

Government Information Services

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Public Enquiry Service — Government of Nova Scotia

The Public Enquiry Service for the Nova Scotia Government was formed in September 1972. Since its formation approximately 180,000 enquiries have been received and handled.

The Service is a section of the Nova Scotia Information Services. Telephoned, mailed and in-person enquiries on government programs and services are answered by officers of the Service who are familiar with all three levels of government.

The Service maintains information files on more than one thousand subjects, in addition to numerous reference files. The subjects concern everything from background on the Halifax explosion to the date of the Daylight Saving Time changeover.

For information contact:

Sandy Phillips
1st Floor, One Government Place
P.O. Box 54, Halifax, Nova Scotia B3J 2L4
Toll Free: 1-424-5200

Reference Canada

Trying to track down a Government of Canada program or service? Reference Canada will help you find the information you are looking for.

Phone: 426-8092 Halifax-Dartmouth Metro
Provincial Areas:
TOLL FREE: 1-426-8092

"It's Good to Know."

Seniors' Infoline

Seniors' Infoline is a telephone-information and referral service on programs, services and activities available in Halifax for seniors. The Infoline also welcomes information from the public on programs and special events of interest to seniors. Office hours are Monday to Friday, 9:00 a.m. to 4:30 p.m.

For further information contact:

Seniors' Infoline (City of Halifax)
Social Planning Department
2156 Brunswick Street
Halifax, Nova Scotia B3K 2Y8
Telephone: 421-6768

Senior Centres

Senior Centres are emerging across the nation as the new focal point in developing and introducing programs for the country's older population. Centres are places where older persons may meet, receive services and participate in activities designed to enhance their dignity, support their independence and encourage their involvement in the community.

The Senior Centre is a key resource in a community's planning and service delivery structure. As such it works with other local agencies for the coordination of comprehensive services to meet the needs of older persons. It offers information and learning opportunities about aging and also serves as an advocate, identifying gaps in service, seeking to make needed services more accessible and acceptable to older persons. The centre encourages agencies and organizations to meet the needs of the elderly in accordance with individual life-styles, rather than merely assuming that older persons will avail themselves of services provided to the general population.

SPENCER HOUSE SENIORS' CENTRE

In the City of Halifax, this Centre provides the following: information and referral services, counselling and advocacy, a Monday-to-Friday luncheon program, fitness classes, foot-care and blood-pressure clinics, free income-tax clinics each spring, a free volunteer snow-shovelling program, a letter carrier alert program, a friendly visiting and phone call service, a grandfriends intergenerational program (with elementary school children), educational discussions and workshops, a Directory of Halifax Community Services for Seniors, a wide range of recreational activities and a drop-in centre.

The Centre's goal is to help seniors identify their needs and develop self-help. It provides a meeting place for sharing skills and planning and participating in activities. Volunteers of all ages are always needed and very welcome.

Spencer House is located at 5596 Morris Street, Halifax, Nova Scotia, B3J 1C2. Telephone: 421-6131. Open seven days a week; 8:30 a.m. to 4:30 p.m. Monday to Thursday; 8:30 a.m. to 4:00 p.m. Friday; and 9:30 a.m to 5:00 p.m. Saturday and Sunday.

NORTHWOODCARE INCORPORATED

. . . a charitable, non governmental, community-based citizens' organization incorporated in 1962 in response to the needs and concerns of older people. The Board of Governors is representative of the community spectrum and serves without renumeration. The Board of Governors is assisted by a President, who is the Chief Executive Officer, and who is responsible and accountable to the Board for the overall oepration and administration of the affairs of Northwoodcare.

The NorthwoodCare Complex is recognized as one of the most comprehensive shelter, care and reachout care facilities in Canada today. NorthwoodCare accommodates 857 residents in a variety of living arrangements, from independent "self contained suites", through progressive stages of care, including "Supervisory" (Room and Board) care, "Personal" care, and heavy "Nursing" care. NorthwoodCare focuses on the needs of the whole person and on quality of life.

NORTHWOOD MULTI-PURPOSE CENTRE

Northwood Multi-Purpose Centre is an integral part of the NorthwoodCare complex. It serves both the residents and people 50 years of age and over living in the community at large. It provides some 30 recreational, cultural and educational life-enrichment programs. The Multi-Purpose Centre is a separate division of NorthwoodCare Incorporated. It is governed by the participants themselves through their Membership Council. This affords opportunities in leadership development among its participants, and allows them to be productive, useful, and self-directing, enriching their lives and those of others around them. The President of the Membership Council is also a member of NorthwoodCare Board of Governors. The promotion of individual fulfillment is the cornerstone of Northwood Multi-Purpose Centre's philosophy. Further information can be obtained by telephoning Northwood Multi-Purpose Centre at 454-8311.

NORTHWOOD HOMECARE SERVICE

Northwood Homecare service is a not-for-profit complete Homecare Service for the elderly, the disabled, and other "at-risk" people of Halifax, Dartmouth, Bedford and Halifax County. It operates 24 hours a day, 7 days a week, right in their own homes. Northwood Homecare provides a wide range of home support service, health promotion and illness prevention programs to help the more vulnerable to be self-sufficient and independent for as long as possible.

A FREE health and/or social assessment, monitoring and supervision is provided to all Homecare clients, based on the need of the whole person. The assessment is aimed at making daily living at home easier for both the client and the family.

Northwood Homecare provides a full range of care givers on a fee-for-service basis for self-pay clients, and the needy elderly, disabled and other "at-risk" people, as may be approved by their municipality or settlement. Care givers available through Northwood Homecare include Registered Nurses, Certified Nursing Assistants, Personal Care Workers, Home Health Aides, Homemakers, live-in care service 24 hours a day, and Handyman Service including yard tasks and snow removal.

Other Homecare Support Services are provided under a "networking" arrangement with NorthwoodCare Incorporated. These include:

Holiday/Vacation Care - to give relief to family care-givers for up to 30 days. ("Supervisory" and "Personal" care only)

Lifeline - to provide security and peace of mind for persons living alone for small monthly rental fee.

Telecare - to provide a free reassurance link for persons living alone.

Adult Day Program - to provide a physical and social activity program on a daily or weekly basis at a very reasonable cost (supported by the NorthwoodCare Foundation).

Alzheimer Day-Care Support - to provide a supervised activity and reality orientation program at a reasonable cost.

Health Promotion/Wellness Clinics - to promote healthy lifestyles and independence through health education and/or health screening clinics.

For further information telephone:

NORTHWOOD HOMECARE
425-dial CARE 2273)

DARTMOUTH SENIORS KIWANIS MULTI-SERVICE CENTRE

The Dartmouth Seniors-Kiwanis Multi-Service Centre, in the city of Dartmouth, provides the following services and programs: information and referral, a drop-in facility, hot lunch programs, monthly birthday parties, a quarterly newsletter, a discount directory, a cable TV program, a friendly home visiting program, daily hello service, a senior out-reach service, health clinics, senior counselling, a home maintenance program, a volunteer snow-shovelling program, friendly care (day care), a free income tax service, senior transit discount tickets, a farming project, financial support for hearing aids, glasses and dentures, and transportation for seniors to recreational and social events. It also offers senior housing at a reduced cost through a home-sharing program, and a seniors' band and seniors' choir.

Classes are held weekly in wood sculpture, conversational French, square dancing and other forms of dancing, and art. Recreational activities include quilting, bridge, bingo and 45's.

The Centre also assists professionals and students who are conducting gerontological research.

This organization is located at 45 Ochterloney Street, Dartmouth, Nova Scotia, B2Y 4M7.
Telephone: 465-5578.

SENIOR CITIZENS' RESOURCE CENTRE

A Senior Citizens' Resource Centre is operating in the industrial area of Cape Breton. The address is as follows:

56 Nepean Street
P.O. Box 1055
Sydney, Nova Scotia B1P 6J7
Telephone: 562-1245

THE INFORMATION AND RESOURCE CENTRE OF ANNAPOLIS COUNTY

The address for this centre is:

The Information and Resource Centre
of Annapolis County
Concerned Seniors
7 Faye Road
Bridgetown, Annapolis County
Nova Scotia B0S 1C0
Telephone: 665-4582
Contact: Mrs. Emma Tufts, 825-6733
Mrs. Melissa Young, 665-2437

VALLEY VIEW VILLA

Valley View Villa, a 96-bed nursing home serving Pictou County, recently added 20 enriched housing units for seniors who are no longer able to live independently but who do not require placement in a nursing home.

In 1981 the Villa undertook the program Seniors Helping Seniors, which is aimed at helping seniors remain in their own homes as long as possible. Services include a telephone help line; recreational activities for seniors in the community; wheels to meals; a loan service for wheelchairs, crutches, walkers, canes and hospital beds; a handyman service; and meeting space for various senior groups in the community. The Villa serves in an advisory capacity to the Pictou County Council of Senior Citizens, which in turn works closely with the Villa in all aspects of the Seniors Helping Seniors program funded by the Department of Community Services.

For further information contact:

Mr. David Lank
Administrator
Valley View Villa
R.R. #1, Stellarton,
Nova Scotia B0K 1S0
Telephone: 755-5780

PORT HAWKESBURY SENIOR SUPPORT SERVICE

The Port Hawkesbury Senior Support Service is sponsored by the Port Hawkesbury Evergreen Club and funded by the Department of Community Services through the Home Life Supports Program.

A coordinator and a team of volunteers offer the following services: friendly visiting, a newspaper column, a fun-and-fitness exercise program, meals on wheels, a classroom grandparent, snow shovelling and yard work programs.

For further information contact:

Paula Kennedy
Coordinator
P.O. Box 13
Port Hawkesbury, Nova Scotia B0E 2V0
Telephone: 625-3979

BERWICK AND AREA

Telephone: 538-7246

Telephone Aids and Services

Maritime Tel and Tel offers a variety of aids and services designed to extend telephone use to people who have hearing, speech, sight or motion disabilities. Persons having any difficulty using telephone equipment for whatever reason may contact their local Maritime Tel and Tel business office or Special Needs Centre. M.T.&T. will help with the selection of equipment most beneficial to the need as well as provide advice on rates and other pertinent details.

A Special Needs Centre is located on the mezzanine level, Maritime Centre, 1505 Barrington Street, Halifax. The Centre is equipped with working displays of the product available and trained staff members are available to provide advice on the type of equipment best suited to the individual need.

The Centre is open Monday to Friday from 8:30 a.m. to 4:30 p.m. To arranged a visit or to ask about the services available, call 421-5553 (Telephone) or 421-5999 (T.D.D.). Please dial direct. There is no long distance charge.

Telecare

A community service of Northwood Homecare Ltd., Telecare is a safety reassurance project to give seniors in Halifax telephone contact with someone at least once every 24 hours, every day of the year, including Sundays and holidays.

Seniors who wish to participate are given special phone numbers to call at a designated time between 9:30 and 11:30 every morning. In this manner, contact is made with a concerned volunteer on a daily basis. If the senior does not call, the volunteer will call one of the two contacts that the senior has listed, who will be asked to check to make sure there are no problems.

There is no charge for the Telecare Service. For further information, call the Telecare Office at 453-2952 or write to:

Telecare
c/o NorthwoodCare Incorporated
2615 Northwood Terrace
Halifax, Nova Scotia B3K 3S5

Valley Care Line

A service designed to relay information on resources available to persons in need of advice, guidance and assistance in finding community services. Professionally-trained volunteer counsellors are available to talk to callers troubled by stress, alcohol, fears, drug abuse, child abuse, grief, depression, crisis situations, marital problems, pregnancy or rape. Callers may also be referred to legal aid, social assistance, family and children's services, public health, Big Brother-Big Sister, mental health clinics, Alcoholics Anonymous, clergymen, police, etc.

Valley Care Line
P.O. Box 1204
Middleton, Nova Scotia
B0S 1P0
Evenings, seven days a week
7 p.m. to 1 a.m. Toll Free 1-825-4884

Guysborough Resources Line

Telephone: 533-3205

Help Line (Crisis International Line)

Help Line is a central information refferral and supportive listening telephone service for citizens of Halifax/Dartmouth, Bedford and Halifax County. The "Line" is staffed by trained community volunteers who provide confidential, compassionate communication.

Help Line Administrative Office
c/o Dalhousie University
Coburg Road at Oxford Street
Halifax, Nova Scotia B3H 3J5

Help Line (Voice and T.D.D.) 24 hours, 7 days a week	421-1188
Administrative Offices	422-2048 422-6864

Adult Day Care Programs

NORTHWOOD DAY PROGRAM

The Adult Day Program at Northwood provides older people with a daytime program of supervised recreational activities and personal counselling. It assists them to continue as independently as possible in the community. The program supplements family care and relieves the family of the responsibility for their seniors during the day.

Supervised recreational activities, arts and crafts, light exercises, walks indoors and outdoors, group discussions and counselling are some of the services provided. A full noon meal and snacks are included.

For further information contact:

Northwood Multi-Purpose Centre
2615 Northwood Terrace
Halifax, Nova Scotia B3K 3S5
Telephone: 454-8311

SOUTH CUMBERLAND MEMORIAL HOSPITAL ADULT DAY CARE CENTER

The Adult Day Care Center is a Monday-to-Friday program designed to meet some of the medical, physical and social needs of individuals 18 years of age and over. Its purpose is to help people keep their health and independence, enabling them to remain in their homes and community.

Services include nursing, occupational therapy, physiotherapy, dietician's services, personal-needs counselling and assessment, lab tests and x-rays (as required by physicians) and referral to outpatients (if required). Activity of Daily Living aids and equipment, home visits and assessments are provided as required.

The Center serves Parrsboro, Advocate, Port Greville, Five Islands, Halfway River, Economy, Little Bass River and Southhampton.

The program is funded by the Nova Scotia Department of Health. Transportation can be provided if necessary.

For further information contact:

South Cumberland Memorial Hospital
P.O. Box 989
Parrsboro, Nova Scotia
B0M 1S0

Heather Beaver
Telephone: 254-2541
or
Norma Cassidy
Telephone: 254-2622

HARBOURVIEW SENIORS' DAY CARE

This is a Monday-to-Friday, 9 am-to-3 pm program designed to assist seniors 65 years of age and older to maintain their health and independence, enabling them to remain in their homes and communities.

Services include nursing, physiotherapy, occupational therapy, diet, psychosocial and medication counselling, hearing and speech clinic, brace clinic, health monitoring, religious services, hairdresser, chiropodist and a social and recreational program. There is a daily charge of $3.00 that includes two lunches and dinner.

Participants are drawn from the greater North Sydney/Sydney Mines areas. There is a good deal of volunteer involvement and transportation can be provided if required.

For further information contact:

Jacqueline Cantwell, R.N.
Seniors' Day Care Co-Ordinator
22 Richard Street
Sydney Mines, Nova Scotia B1V 2Y4
Telephone: 736-2831 Local 148

Employment Services

CANADA EMPLOYMENT CENTRES

In addition to their job placement service, the Canada Employment Centres also offer assistance in creative

Job Search Technique to help you find the job of your choice. Employment Centres are located throughout Nova Scotia. Check your phone book for the office nearest you.

Transportation Services

TRAVEL DISCOUNTS

There are a variety of travel discounts available for seniors in Nova Scotia.

Air Canada and Canadian Airlines International offer discounts of up to 65% on round trips.

For further information contact:

Air Canada
Halifax: 429-7111
Sydney: 539-6000
or
Canadian Airlines International
Halifax: 465-2111
Sydney: 564-4545
Elsewhere in Nova Scotia: 1-465-4545

At **VIA Rail** you're an Ambassador if you're 60 years of age and over, and this entitled you to a 33% discount on fares in Canada, on your evening meal aboard the train, and on hotel reservations at any Holiday Inn in Canada.

The above discount is valid year round but does not apply to Dayniter or Sleeping Car space.

To obtain your personal Ambassador Fare Card, please write to:

VIA Rail Ambassador Card
1200 St-Amour
Ville St. Laurent, Quebec H4S 1J2

New for this year are 2 escorted cross Canada tours which are part of the new air/rail tour program.

For train reservations and information call: 429-8421 in Halifax or 1-800-561-3952 for all other locations.

Atlantic Tours offers discounts to Senior Citizen groups (not to individual reservations).
Information available:

Atlantic Tours Ltd.
P.O. Box 3596
Halifax, Nova Scotia B3J 3J2
Telephone: 423-6242 for local calls;
1-800-565-7173 for toll-free (long distance calls).
Contact Paul Emmons, Senior Group Accounts Officer

HALIFAX METRO TRANSIT

In the Halifax-Dartmouth-Metro area, Metro Transit offers a special fare policy for senior citizens. Seniors may get a discounted fare when purchasing a seniors' metro pass or 20-ticket booklet, or when paying a cash fare. Any person (senior, family member, or friend) may purchase a senior metro pass or 20-ticket booklet on a senior's behalf, without providing proof of age. The discount is available to all seniors who have attained the age of 65. Seniors are required to display proof of age to the bus operator when paying the fare (whether by cash, ticket or pass). Examples of proof of age are an MSI Pharmacare card, a federal government seniors' card, or a birth certificate.

For more information contact:

Metro Transit, P.O. Box 2928
Halifax, Nova Scotia
Telephone: 421-6600.

Senior Metro passes and 20-ticket booklets may be purchased at the following outlets:

Lawton's Drugs
5515 Duffus Street, Haifax

Lawton's Drugs
Scotia Square, Halifax

Lawton's Drugs
Bayers Road Shopping Centre
Halifax

Lawton's Drugs
Halifax Shopping Cente
Halifax

Lawton's Drugs
Lord Nelson Arcade, Halifax

Lawton's Drugs
5280 Green Street, Halifax

Lawton's Drugs
Halifax Professional Centre
Halifax

Lawton's Drugs
West End Mall, Halifax

Lawton's Drugs
North Street, Halifax

Lawton's Drugs
Maritime Mall, Halifax

Lawton's Drugs
278 Bedford Highway, Halifax

Lawton's Drugs
Clayton Park Shopping Centre
Halifax

Lawton's Drugs
Downsview Mall, Lower Sackville

Scotia Drug Centre
2151 Gottingen Street, Halifax

Northwood Mini Mart
Northwood Centre, Halifax

O'Brien J.K. Pharmacy Limited
6199 Coburg Road, Halifax

MacKay Pharmacy
2959 Oxford Street, Halifax

Buckley's Drug Store
6247 Jubilee Road, Halifax

Dartmouth Seniors Kiwanis Multi-Service Centre
45 Ochterloney Street, Dartmouth

McQuinn's Drug Store
6455 Quinpool Road, Halifax

McQuinn's Pharmacy
5697 Almon Street, Halifax

Dartmouth Senior Citizen Centre
13 Elliott Street, Dartmouth

HALIFAX-DARTMOUTH FERRY

Transportation is free for seniors on the Halifax-Dartmouth Ferry throughout the year.

ACCESS-A-BUS

This transportation service is available to physically disabled people within the Metropolitan area of Halifax, Dartmouth, Bedford and those sections of Halifax County now served by the Transit Commission.

Courtesy service within the service area is provided to disabled people living outside the Metro area when space is available.

Anyone wishing to apply for Access-A-Bus service must complete and return an application. The fare is $1.50 one wav.

For further information on the service call:

Registration: 421-6614
Dispatcher: 425-5544

CALLOW VETERANS & INVALIDS WELFARE LEAGUE

The Callow Veterans & Invalids Welfare League provides group recreation transportation on request for physically handicapped people. Specifically equipped vehicles are available to accommodate those in wheelchairs as well as those unable to use conventional forms of transportation in comfort and dignity. There is no age, colour or creed restriction. The service is free.

For information contact:

Callow Veteans & Invalids Welfare League
P.O. Box 122
Halifax, Nova Scotia B3J 2M4
Telephone: 422-9433 (Office)

CASSIBO BUSES

Cassibo Buses provide provincial round-trip charter services. Special rates on bus trips are available to seniors.

For information contact:

Cassibo Buses Ltd.
71 Simmonds Drive
Dartmouth, Nova Scoia B3B 1N7
Telephone: 477-1615
7:00 a.m. to 4:00 p.m. - Monday to Friday

THE ROYAL CANADIAN LEGION

With 122 banches in Nova Scotia, The Royal Canadian Legion stands ready to assist war veterans, and senior citizens generally, in times of need. For years, many branches have been helping seniors. The service is especially helpful in rural areas where facilities such as those in urban centres, are not always available. The Legion branches may provide health and home-support programs, blood-pressure clinics and foot-care clinics; some offer assistance to help retired people maintain their homes. The branches also provide transportation for seniors and lend wheelchairs, crutches and other apparatus.

Seniors requiring assistance may call the service officer of the Legion branch nearest them or contact:

The Seniors' Coordinating Officer
Provincial Command, The Royal
Canadian Legion
Rainnie Drive
P.O. Box 7116 North
Halifax, Nova Scotia B3K 5J5
Telephone: 429-6425 or 429-7031

WE CARE AND CARRY ERRAND SERVICE

This is an errand service for those who because of age or disability are unable to do their own errands. The service includes shopping, taking clothes to the tailor, taking a pet to the vet, having prescriptions filled at the drugstore, using the laundromat, mailing letters and parcels and much more.

For further information contact:

We Care and Carry Errand Service
Telephone: 434-1662
1:00 p.m. to 4:00 p.m. - Monday to Friday

TRANSPORT 2000

This is a volunteer consumer movement formed to promote public transport. The organization is involved in research, consumer advocacy and education, touching all aspects of public transportation in the four Atlantic Provinces. Transportation is a central issue affecting seniors, so the relevance of this organization is obvious.

Those interested may contact:

Transport 2000 Atlantic
40 Lorne Avenue
Dartmouth, Nova Scotia B2Y 3E7
Telephone: 469-3474

The Canadian Red Cross Society, Nova Scotia Division

Canadian Red Cross
Nova Scotia Division
1940 Gottingen Street
P.O. Box 366
Halifax, Nova Scotia B3J 2P8
Telephone: 423-9181

Red Cross provides a number of services for seniors. Resource materials are available to seniors upon request at no cost. These cover a broad range of subjects, and include instruction booklets on cooking for one and cooking for two, telephone alert cards, security guides for seniors on medication, and proper nutrition.

Programs and services are also provided. These include telephone support, friendly visiting, drug and nutrition education in the form of slides and tapes and exercise classes.

Red Cross will lend sick room equipment without charge for short-term care in the home. When a senior is disabled and unable to use public transportation, Red Cross provides free transportation to and from medical appointments and for shopping.

Red Cross Homemakers provide a home care support service in the Halifax-Dartmouth Metro area. Fees are charged on a sliding scale related to income and family size.

For further information call Sharon Garroway, 423-9181, Ext. 123, or write to the above address.

The Poison Control Centre Satellite Stations

The Poison Control Centre, located in the Emergency Department of The Izaak Walton Killam Hospital for Children, is a 24-hour phone-in service for the public and medical personnel. It provides information on the toxic effects and poison treatment of several hundred thousand household products and prescription drugs. Information is also provided on clams, mushrooms, street drugs, pesticides, and industrial problems. The centre provides emergency treatment of all poisoning in children, and shares information with hospital emergency rooms and physicians from all parts of the Maritimes. Education about the dangers of various products and drugs, and first aid in a poisoning emergency, is provided to the public, civic groups, medical and pharmacy students, day care workers, public health nurses, and physicians in all areas of Nova Scotia and Prince Edward Island.

The centre maintains a collection of up-to-date, ongoing information on the contents and toxic effects of all products on the market.

The centre recently set up several satellite poison centres in the emergency departments of hospitals throughout Nova Scotia. The main centre for Nova Scotia is located in Halifax at 428-8161.

Satellite stations are at the following locations:

Victoria General Hospital
Emergency Department
428-2043

Dartmouth General Hospital
Emergency Department
465-8333

Blanchard-Fraser Memorial Hospital
Kentville
678-7831 Ext. 215

Aberdeen Hospital
New Glasgow
752-8311

St. Martha's Hospital
Antigonish
863-2830

Highland View Regional Hospital
Amherst
667-3361 Ext. 145

Sydney City Hospital
Sydney
539-6400

Yarmouth Regional Hospital
Yarmouth
742-3541 Ext. 111

South Shore Regional Hospital
Bridgewater
543-4603

Medic-Alert Bracelets

Medic-Alert bracelets are an ever-present record of personal medical information available, should a person become unconscious through accident. Bracelets provide information about allergies, diseases, blood types, organs for transplants, or special conditions. Applications for Medic-Alert bracelets are available from many life insurance offices, or write to:

Canadian Medic-Alert Foundation Inc.
293 Eglington Ave. E.
Toronto, Ontario M4P 2Z8

Home Support Services — Private Sector

See Coordinated Home Care Program, pages 24-30 for descriptions of homemaker services provided by voluntary agencies and the municipal level of government with provincial government supervision and cost sharing.

In addition to these government sponsored services, private enterprise organizations provide home support services on a fee basis. These are:

COMCARE (CANADA) LTD.

2852-54 Agricola Street
Halifax, Nova Scotia B3K 4E6
Telephone: 453-0838

Comcare provides continuity of care for the patient through private duty nursing in the hospital, the nursing home or the patient's own home. Service recipients are billed weekly. Homemakers are provided. Services is available on a twenty-four hour and live-in basis.

UPJOHN HEALTHCARE SERVICES LTD.

5670 Spring Garden Road
Halifax, Nova Scotia B3J 1H6
Telephone: 425-3351
Contact: Bernadette Paul, Administrator

Uphohn HealthCare Services Limited provides RNs; CNAs or Nurses Aides' services; homemakers for light housekeeping, shopping and meal preparation; and companion service for the elderly for a minimum of four hours and up to 24 hours a day as requested. The cost of the service depends upon the qualifications of the personnel provided. Free in-home assessments are conducted by a nursing supervisor. Our carefully selected personnel are insured and bonded; our customized support services help the client maintain a healthy, safe and independent lifestyle.

“SUNSHINE” PERSONAL HOME CARE

6389 Coburg Road
Halifax, Nova Scotia B3H 2A5
Telephone: 454-9400
Contact: Hilda Stevens

“Sunshine” Personal Home Care services include: housekeeping, house cleaning, convalescent care, senior-sitting, babysitting, house care, pet care, painting, papering, running errands, live-ins and many other services, which are provided by trained staff including CNAs and Nurses Aids. A 24-hour-a-day service is available on weekends as well.

QUALICARE SERVICES

Based in Chester, this is a company that provides a complete Home Care and Support Service.

Contact:
Charlotte Shurko
QualiCare Services
P.O. Box 2000
Chester, Nova Scotia
B0J 1J0
Telephone: 275-5611

P.L.S. IN-HOME CARE LIMITED

A private organization that assists others with nursing care and all aspects of home support. It serves the towns of Bridgewater, Lunenburg, Mahone Bay and outlying areas.

Contact:
Sandra Forsythe
Box 179
Bridgewater, Nova Scotia
B4V 2W8
Telephone: 543-8650

R.J.F. HEALTH CARE SERVICES

5991 Spring Garden Road
Suite 580
Halifax, Nova Scotia
B3H 1Y6
Telephone: 425-4031

NIGHTINGALE NURSING SERVICES

157 Main Street
Dartmouth, Nova Scotia
B2X 1S1
Telephone: 462-3662

DRAKE MEDOX

1809 Barrington Street
Suite 504
Halifax, Nova Scotia
B3J 3K8
Telephone: 429-2400

Private Health Insurance Plans - Blue Cross

Hospital and extended health care benefits previously available only to company groups are now offered to individuals under the Blue Cross of Atlantic Canada "Plus Plan". For individuals, coverage options range from private-duty nursing to vision care, ambulance service, hearing aids, semi-private hospital rooms, travel insurance and life insurance. For further information, please call Robert A. Funnell or Wayne Pottie at Blue Cross, telephone 454-6882.

Registered Nurses - Private Duty Registry

Care available in hospital and home settings. Shifts and hours arranged to serve patient needs.

3688 Bright Street
Halifax, Nova Scotia
Telephone: 423-6469

Victorian Order of Nurses

Halifax Branch
6955 Bayers Road
Halifax, Nova Scotia B3L 4S4
Telephone: 453-5800

Provincial Branch
Suite 909, Queen's Square
45 Alderney Drive
Dartmouth, Nova Scotia
B2Y 2N6
Telephone: 465-3009

The Victorian Order of Nurses is a non-profit, charitable community health organization which provides professional nursing service visits to individuals and their families in the home or community setting. VON service stresses comprehensive, coordinated and compassionate health care in the home and helps individuals and families to be as independent as possible. The VON also seeks to respond to health care needs in the community and has established other services such as senior citizens' health maintenance programs, footcare and health assessment clinics, occupational health programs, a friendly visiting service and adult day centres. The VON serves a community on the request of the citizens and with the assistance of a local Board of Management which provides expertise and community insight.

The visiting nursing service is available to all ages, seven days a week, 24 hours a day according to need. It includes health assessment and teaching, treatment, rehabilitation, palliative care and bereavement follow-up. A major focus is assisting seniors to maintain a sense of independence and self-determination in their daily lifestyle. Referrals are accepted from all sources including the individual, family, doctor or hospital. However, care is provided in consultation with the physician.

The VON is supported by fee for service, donations, and government grants (provincial and municipal). The fee for service is based on the average cost of a visit in a local branch. When necessary, the fee is reduced or omitted so that no one is refused service for financial reasons. Thirteen banches make service available to a large geographical area and 82 per cent of the population.

To inquire about service, please contact the office nearest you in Halifax, Dartmouth, Cape Breton Metropolitan Area, Amherst, Annapolis County, Kings County, Queens County, Hants West, Yarmouth County, Truro, New Glasgow, Pictou and Lunenburg.

Martha Home Health Care Project

25 Bay Street
Antigonish, Nova Scotia B2G 2G5
Telephone: 836-6116

Since 1978, Martha Home Health Care Project (MHHC) has provided home health/nursing visits to referred seniors, age 60 years and over, in Antigonish town and county. Referrals are self-referrals or are made by physicians, hospital discharge coordinators, community agencies, family and friends. Nursing care is provided in consultation with the family physician. Team collaboration with other service agencies is maintained.

MHHC is designed to offer a better quality of life for seniors endeavouring to maintain optimal functioning at home; to postpone or prevent admission to hospitals or homes for special care; to decrease the length of stay in hospital; to teach patient and family health maintenance and to assist and support the spouse or family. Specific services include dressings; personal care; monitoring of medication, diet and activity; enemas; special specimens; vital signs; specialized treatments; care of the ill and post-bereavement visits.

Home visits vary in frequency from daily to monthly according to need and on weekends when nursing care is indicated.

Antigonish Town & County Home Care Society

188 Main Street
Antigonish, Nova Scotia B2G 2B9
Telephone: 863-5737

The Antigonish Town & County Home Care Society is a home support organization serving approximately 3,000 members of the over 60 population. A network of volunteers from all age groups keeps in touch with people over age 60 in their area. The program coordinator is responsible to a Board of Directors and coordinates the efforts of all the volunteers. The following volunteer services are included in the project: outreach, Tel-u-care, assisting the frail elderly and disabled, Telephone Education (Tel Ed), Generation Friends, the information resource library, educational workshops and publications.

Respite Care

Caring for a chronically ill and disabled person may be a heavy burden, tying the family down for long periods of time. This is where "respite care" comes into the picture. The phrase means the provision of alternate care, generally in a group setting, for two or three weeks or less, while the family caring for the individual takes a vacation and has respite from the burden of constantly being on the job.

There are a number of nursing homes in Nova Scotia that provide some degree of "respite care" or "vacation beds". These facilities are:

Northwood Complex 2630 Gottingen Street Halifax, Nova Scotia Telephone: 454-8311	Administrative Head: Mr. Lloyd Brown
Villa Acadienne P.O. Box 178 Meteghan, Nova Scotia B0W 2J0 Telephone: 645-2065	Administrative Head: Mr. Henri Saulnier
Roseway Manor P.O. Box 518 Sandy Point Shelburne, Nova Scotia B0T 1W0 Telephone: 875-4707	Administative Head: Ms. Jeanne Cox-Mahaney
Oakwood Terrace 10 Mount Hope Avenue Dartmouth, Nova Scotia B2Y 4K1 Telephone: 469-3702	Administrative Head: Mr. W. C. Clarke
Queens Manor P.O. Box 1283 Liverpool, Nova Scotia B0T 1K0 Telephone: 354-3451	Administrative Head: Mr. Brian Selig
Tideview Terrace P.O. Box 1120 Digby, Nova Scotia B0V 1A0 Telephone: 245-4718	Administrative Head: Mr. Gary Burlingham
Dykeland Lodge Curry's Corner Windsor, Nova Scotia B0N 2T0 Telephone: 798-8346	Administrative Head: Mr. W. R. Brooks
Harbourview Haven P.O. Box 1480 Lunenburg, Nova Scotia B0J 2C0 Telephone: 634-8836	Administrative Head: Mr. Gordon Crouse

Additional information is available from Ms. Barbara J. Millar, Chief Supervisor, Homes for Special Care, Department of Community Services, Halifax, Nova Scotia, Telephone: 424-3206.

Hospice Program

The Hospice Program at the Victoria General Hospital began as a volunteer effort in 1978, and has expanded to include three Hospice nurses who act as consultants and educators in providing care to patients and their families dealing with a life-threatening illness.

A psychiatrist who specializes in Hospice Care is available as a consultant to the Hospice Program. A group of trained volunteers works in the capacity of friendly helpers with patients and families who have been referred. The volunteers make time available to the patient and/or family, and work toward meeting whatever needs the family identifies.

In addition to helping with hospital care, the Hospice Program helps when a terminally ill person wishes to be cared for at home, and offers support to family members following the death of a relative. Patients and families are generally referred by hosptial staff; however patients or family members may contact the Victoria General Hospice Program by calling 428-4174, 428-4175 or 428-5533, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Palliative Care Service

This service, based at the Halifax Infirmary, seeks to complement existing clinical services in the care of patients affected by a limited life expectancy and their families. The emphasis is on the greatest possible relief from suffering, as well as the highest possible quality of life for both patient and family.

Trained, experienced staff, consisting of a physician, two R.N.s, other health-care professionals and trained volunteers, provide information on increased pain and symptom control, along with counselling and support in the hospital setting and at home. Support for the family continues during mourning and is available, on a limited basis, for others who are grieving.

Additional information is available from the Halifax Infirmary, telephone 428-3119.

Wheelchair Services

Wheelchairs are available for use while shopping at the following centres:

Bayers Road Shopping Centre
Available free from mall administration office
Telephone: 453-2630 or 459-5213 (Mall security)

Bedford Place, 1658 Bedford Highway
Available through Lotto Information Booth
Telephone: 835-8381.

Downsview Mall
Lower Sackville
Telephone: 865-1933

Eatons Store - 454-8511
Halifax Shopping Centre
Telephone: 454-8511
No reservations necessary.

Aids For Seniors - AccessAbles

AccessAbles, a Halifax company, specializes in supplying "useful devices for easier living" for seniors and disabled persons. Products such as walkers, special cutlery, magnifying glasses, household utensils, non-slip mats, lab trays and the like may be bought through catalogue or from the following distributing centres:

McQuinn's Drug Store, Halifax
Harding Medical Supplies, Halifax
Woodlawn Surgical Appliances, Dartmouth
MacQuarrie's Drug Mart, Truro

For further information contact:
AccessAbles
1540 Edward Street
Halifax, Nova Scotia
B3H 3H7
Telephone: 423-3223

Hair Care — Halifax Area

Hair care in your own home, hospitals, or Homes for Special Care is offered by "Hair on Wheels" in Halifax through 443-5451. Services include perms, haircuts, and blow-dry by a professional stylist.

Senior Optical Services

P.O. Box 652
Bedford, Nova Scotia B4A 3H4
Telephone: 477-4060

This company provides complete optical and eyeglass care to major institutions, hospitals, senior citizen complexes and individual homes by bringing optical services to them.

The services include mobile service to the home at no charge; 10% to 20% price reductions, and a one-year guarantee for all eye-glass frames, lenses, parts and accessories; individual styling; transportation, if an eye examination is required; and experienced, licensed opticians.

Voluntary Health and Welfare Agencies

CANADIAN PARAPLEGIC ASSOCIATION — NOVA SCOTIA DIVISION

5599 Fenwick Street
Halifax, Nova Scotia B3H 1R2
Telephone: 423-1277 (8:30 a.m. to 4:30 p.m.)
Contact: John M. Rogers, Executive Director

This organization provides assistance to all people with spinal cord injury and/or disease and related disabilities, including counselling, referral, employment placement and information on services available. The service also helps provide wheelchairs, hospital beds, hydraulic lifters, bed bars and other equipment.

THE ALZHEIMER SOCIETY OF NOVA SCOTIA

The Alzheimer Society of Nova Scotia is a charitable, non-profit organization whose goals are to provide and promote public education on Alzheimer's Disease, to provide and promote family support, to engage in advocacy on behalf of persons with Alzheimer's and their families and to promote research into Alzheimer's Disease at the national and provincial level. The Society has written materials about Alzheimer's which is available upon request. There are currently 10 support groups meeting on a monthly basis at locations throughout the province. Details on these are available by contacting the Society at 455-7347 or writing:

Suite 217, Starlite Gallery
Bayers Road Shopping Centre
Halifax, Nova Scotia
B3L 2C2

KIDNEY FOUNDATION OF CANADA – NOVA SCOTIA BRANCH

1657 Barrington Street
Suite 235
Halifax, Nova Scotia B3J 2A1
Telephone: 429-9298 (9:00 a.m. to 4:30 p.m.)
Contact: Marie Hartling
Executive Secretary

The Kidney Foundation promotes organ donation, specifically the donation of kidneys. It provides patient services to those afflicated with kidney disorders and public and patient education on kidney disorders, and is involved in fund raising to help in the fight against kidney disease and in medical research.

THE NOVA SCOTIA HEART FOUNDATION

P.O. Box 1585
1657 Barrington Street
Halifax, Nova Scotia B3J 2Y3
Telephone: 423-7530
President: Mrs. Frances Gregor
Executive Director: Mrs. Joan E. Fraser

The Nova Scotia Heart Foundation is devoted entirely to the study, control and prevention of heart and blood vessel diseases including stroke. The Foundation raises funds to support Nova Scotia-based medical research and public and professional education programs which seek to disseminate cardiovascular and health knowledge, both to the medical and para-medical community and to the general public. The Foundation maintains an extensive film and literature library covering all aspects of cardiovascular diseases, their causes, symptoms, treatment and cure. Individuals requesting pamphlets on these topics receive them free; agencies/institutions/businesses requesting items in bulk are asked to pay a nominal cost recovery fee.

NOVA SCOTIA HEARING AND SPEECH CLINIC

5599 Fenwick Street
Halifax, Nova Scotia B3H 1R2
Telephone: 423-7354

The Nova Scotia Hearing and Speech Clinic provides the following services: diagnostic audiology, infant hearing testing, hearing aid evaluations, hearing education, lip reading and auditory training, laryngectomies, and assistance for those with cleft palate and oro-facial deformities, aphasia, stuttering, cerebral palsy, articulation disorders, delayed language, language disorders, voice disorders and many other organic and functional disorders of speech, language and hearing.

The Nova Scotia Hearing and Speech Clinic, an independent, non-profit agency, is funded primarily by the Nova Scotia Department of Health and Fitness. Private contributions, which are tax deductible, provide necessary sustaining funds. Your support is welcome and encouraged.

Regional facilities which may be contacted for assistance and information are as follows:

NOVA SCOTIA LUNG ASSOCIATION

17 Alma Crescent
Halifax, Nova Scotia B3N 2C4
Telephone: 443-8141
8:00 a.m. to 4:00 p.m. Monday to Friday

The objectives of the Association are to assist in the prevention and control of lung diseases in the Province of Nova Scotia through health education in schools and health areas and through smoking withdrawal progams. The association has established an Easy Breathers' Club for those suffering from Asthma, Chronic Bronchitis and Emphysema and carries out Family Asthma Programs in Nova Scotia for children through volunteers and local lung associations.

Highland View Hospital
110 Pleasant Street East
Amherst, Nova Scotia B4H 1N6
Telephone: 667-3361

St. Martha's Hospital
25 Bay Street
Antigonish, Nova Scotia B2G 2G5
Telephone: 863-2830 Ext. 192

South Shore Regional Hospital
197 Dufferin Street
Bridgewater, Nova Scotia B4V 2H1
Telephone: 543-4603

Marshall Treatment Centre
N.S. Hospital, Box 1004
300 Pleasant Street
Dartmouth, Nova Scotia B2Y 3Z9
Telephone: 469-7500 Ext. 519

Digby General Hospital
67 Warwick Street
Digby, Nova Scotia B0V 1A0
Telephone: 245-2501

Blanchard Fraser Memorial Hospital
186 Park Street
Kentville, Nova Scotia B4N 1M7
Telephone: 678-7381

Queens General Hospital
School Street, P.O. Box 370
Liverpool, Nova Scotia B0T 1K0
Telephone: 354-3436

Fishermen's Memorial Hospital
14 High Street
Lunenburg, Nova Scotia B0J 2C0
Telephone: 634-8801

Aberdeen Hospital
835 East River Road
New Glasgow, Nova Scotia B3H 3S6
Telephone: 752-4507

Strait-Richmond Hospital
RR #1, Cleveland
Richmond County, Nova Scotia B0E 1J0
Telephone: 625-3100

Roseway Hospital
Sandy Point Road
Shelburne, Nova Scotia B0T 1W0
Telephone: 875-3011

Eastern Shore Memorial Hospital
Sheet Harbour, Nova Scotia B0J 3B0
Telephone: 885-2554

St. Rita's Hospital
402 Kings Road
Sydney Mines, Nova Scotia B1S 1B4
Telephone: 564-5414

Harborview Hospital
P.O. Box 128
Sydney Mines, Nova Scotia B1V 2Y4
Telephone: 736-2831

Colchester Hospital
207 Willow Street
Truro, Nova Scotia B2N 5A1
Telephone: 895-5421

Hants Community Hospital
Windsor, Nova Scotia B0N 2T0
Telephone: 798-8351 Ext. 131

Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-3541

Twin Oaks
Musquodoboit Harbour, Nova Scotia B0J 2L0
Telephone: 889-2200

CANADIAN DIABETES ASSOCIATION

1221 Barrington Street
P.O. Box 275
Halifax, Nova Scotia B3J 1Y2
Telephone: 421-1444
8:30 a.m. to 4:30 p.m. Monday to Friday

The Association promotes medical research into diabetes. The objective is self-help for the diabetic through education. The basic tools are literature, referral to services into medical care and dietary control, *Dialogue* (a quarterly magazine published by the Association), and biannual newsletters.

CANADIAN NATIONAL INSTITUTE FOR THE BLIND

6136 Almon Street
P.O. Box 8180
Halifax, Nova Scotia B3K 5L9
Telephone: 453-1480
8:30 a.m. to 4:30 p.m. Monday to Friday

The C.N.I.B. is a non-profit voluntary organization providing services to blind, seriously visually impaired, deaf, blind, and multi-handicapped individuals of all ages across Nova Scotia.

Major services include counselling, low vision assessment, talking book reading service, volunteers programs, independent living skills, and instruction in travelling independently with the use of the white cane.

For further information, please contact the C.N.I.B. District Offices in Yarmouth, Halifax, Truro or Sydney.

CANADIAN MENTAL HEALTH ASSOCIATION - HALIFAX BRANCH

5867 Spring Garden Road
Halifax, Nova Scotia B3H 1Y2
Telephone: 422-3087
8:30 a.m. to 5:00 p.m.

Mental Health/Halifax, a local branch of the Canadian Mental Health Association, provides public education and information on mental health topics through written materials distribution, telephone assistance, and public speaking. The branch, through its staff and volunteer board, plays an advocate role in mental health service development. Both Halifax and Dartmouth branches operate a social support program for ex-psychiatric patients.

HALIFAX STROKE CLUB

This club is a self-help group where members learn through doing in a supportive group setting.

Stroke clubs have proven to be of great value in the recovery process, not only to the person who has had the stroke, but to the immediate family as well. A stroke club can help combat problems of isolation, depression and regression. It can provide fellowship and understanding, and open the door to self-confidence and independence.

Telephone: Mrs. Evelyn Brindle
469-4083
or
Mrs. Anna Redmond
10 Burns Drive
Halifax, Nova Scotia B3P 1V5
477-6932

MULTIPLE SCLEROSIS – HALIFAX-DARTMOUTH METRO CHAPTER

1183 Susan Drive
Lower Sackville, Nova Scotia
B4E 1P4
Telephone: 865-9533

This volunteer agency supplies equipment — wheelchairs, canes, walkers, etc. — to qualified MS individuals in the metro area. It also holds social and fundraising events, and runs a self-help program.

CANADIAN CANCER SOCIETY

Divisional Office
1657 Barrington Street
Suite 201
Halifax, Nova Scotia B3J 2A1
Telephone: 423-6183
8:30 a.m. to 5:00 p.m.

It is the present policy of the Nova Scotia Division, Canadian Cancer Society, to help cancer patients within certain prescribed limits without overlapping the work of any other organization.

Patients or relatives may apply to their local unit or the provincial headquarters.

Each case requiring financial outlay (e.g. boarding, transportation or drug assistance, etc.) is treated individually on its merits.

Rehabilitation counselling and assistance for supplies are available.

Further information is available from the Divisional Office, or from the Canadian Cancer Society Unit in your area.

ARTHRITIS SOCIETY – NOVA SCOTIA DIVISION

5516 Spring Garden Road
Halifax, Nova Scotia B3J 1G6
Telephone: 429-7025
9:00 a.m. to 5:00 p.m. Monday to Friday
Except summer months (July to September 1),
8:30 a.m. to 4:30 p.m.

The Arthritis Society is the only organization in Canada solely devoted to the search for the causes of and cures for arthritis. Through its program of public education and information, the Society distributes factual material about the more than 100 different forms of the disease. The Society provides home-care physiotherapy services in the Halifax-Dartmouth area and some other communities in Nova Scotia. The service is not limited to people with arthritis and is available to those who need physiotherapy at home. A physician's referral is required to receive the service.

ABILITIES FOUNDATION OF NOVA SCOTIA

3125 Kempt Road
Halifax, Nova Scotia B3K 5N6
Telephone: 429-3420
8:30 a.m. to 4:30 p.m. Monday to Friday

Formerly called The Canadian Rehabilitation Council for the Disabled, The Abilities Foundation of Nova Scotia conducts various programs for children and adults who are disabled, and supplies aids such as wheelchairs, crutches, and a clinic service for children. For information about various programs call the above number or Camp Tidnish.

MUSCULAR DYSTROPHY ASSOCIATION OF CANADA

The Muscular Dystrophy Association of Canada is a non-profit charitable organization whose aim is to find a cure for over forty similar neuromuscular disorders. MDAC is also committed to assisting registered clients with equipment and services so they can maintain a good quality of life. The Halifax-Dartmouth-Halifax County Chapter has organized a support group which meets every two months. The Atlantic Office of the Muscular Dystrophy Association is located at:

1888 Brunswick Street
Suite 804
Halifax, Nova Scotia B3J 3J8
Telephone: 429-9035 OR 429-9072.

PARKINSON'S DISEASE SOCIETY OF NOVA SCOTIA

Suite 217
Starlite Gallery
Bayers Road Shopping Centre
Halifax, Nova Scotia
B3L 2C2
Telephone: 455-6077

The Parkinson's Disease Society of Nova Scotia was formed in 1983. It is a non-profit, volunteer organization which provides an opportunity for persons to discuss experiences and share common problems related to the disease. The Society promotes research and encourages a physiotherapy program.

General Information 15

Proof of Age

Many reductions and benefits are available to senior citizens. In order to receive them, however, you are often expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with your application form. If these are not available, other documents are often accepted to establish age.

BIRTH CERTIFICATES

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the Province in which you were born. In Nova Scotia, death and marriage certificates are also available. When applying for these certificates, supply full and specific information on dates, etc. Be sure to include your full name at birth (first, middle, last). The fee for each short form or wallet sized certificate is $5.00

If you were NOT born in Canada, the following offices may be able to provide you with information on where to write for a foreign birth certificate:

Deputy Registrar General
1723 Hollis Street
Provincial Building
Halifax, Nova Scotia B3J 2M9
Telephone: 424-4381
or
Income Security Programs
6960 Mumford Road
Suite 111
Halifax, Nova Scotia B3L 4P1

BAPTISMAL CERTIFICATES

The Church where you were baptized may supply you with a baptismal certificate. If you don't know the specific church, write the central office of your religious denomination. They may have duplicate records.

OTHER DOCUMENTS

If both your birth and baptismal certificates are unavailable, there are other documents which can be used to establish your age. Usually, two or more of the following are required:

- Family Bible or other personally kept family records
- Marriage certificate, church roll, communion or confirmation certificates
- Education documents such as school registers, diplomas, teacher's certificates
- Insurance record or government annuity contract
- Hospital or medical records, vaccination records
- Pension or superannuation records
- Employment records
- Newspaper clippings
- Public records such as assessment rolls, voter and jury lists
- Membership records in lodges, clubs and associations
- Military records
- Court records
- Census records and National Registration records
- Naturalization documents, Citizenship certificate, Immigration record or Passport.

Contact the Old Age Security Office for further assistance and information.

Social Insurance Number

Seniors wishing to obtain a Social Insurance Card or to replace a lost or stolen Social Insurance Card should contact their nearest Canada Employment Centre. An original birth certificate and one additional piece of identification, such as an M.S.I. card or a Driver's License will be required. In the case of a change of name, a Canadian or foreign marriage certificate or legal change of name certificate will be required. A fee of $10.00 will be charged for a replacement card by the Canada Employment and Immigration Commission.

Courtesies and Discounts

Many banks offer special courtesies to senior citizens. These courtesies may include free chequing or no charge for paying utility bills, etc. Inquire at your bank about the specific services that it provides.

Insurance agents often provide discounts on home, property and fire insurance, which are well worth inquiring about.

TRAVEL DISCOUNTS

The following firms provide travel discounts for seniors groups.

Nova Tours
6064 Quinpool Road
Halifax, Nova Scotia
B3L 1A1
Telephone: 429-3702

Atlantic Tours Ltd.
P.O. Box 3596
Halifax, Nova Scotia
B3J 3J2
Telephone: 423-6242 or
Toll Free: 1-800-565-7173
Contact: Paul Emmons

Airport Transfer Co. Ltd. -
Nova Charter Services
71 Simmonds Drive
Dartmouth, Nova Scotia
Telephone: 463-0212

Harvey's Travel
1796 Granville Street
Halifax, Nova Scotia
B3J 1X7
Telephone: 429-0080

DISCOUNTS FOR SENIORS

Additional travel discounts available to seniors are listed under Transportation Services.

Most theatres and agencies providing entertainment offer discounts to seniors. It is suggested that you always make inquiries regarding these discounts. In many cases the clerk serving you may not be aware of what is available. Your inquiry will serve to emphasize the importance of discounts for seniors.

Other discounts may be offered through:

THE SENIOR CITIZENS' BUYERS GUIDE

Suite 203, 1585 Barrington Street
Halifax, Nova Scotia
B3J 1Z8
Telephone: 443-0892

THE SENIORS' ADVOCATE INFORMATION DIRECTORY

P.O. Box 246
Waverley, Nova Scotia
B0N 2S0
Telephone: 466-2404

Senior Citizens' Councils

There are approximately 300 senior citizens' clubs throughout Nova Scotia. With the growth of the senior population the membership of these clubs is steadily increasing. Representatives from the various clubs form Regional Councils. The Councils and their Executive Members are listed below.

ANNAPOLIS COUNTY
PRESIDENT
Mrs. Thelma Buckler
Bear River
Digby County, Nova Scotia B0Z 1B0
Telephone: 467-3025

ANTIGONISH-GUYSBOROUGH SENIOR CITIZENS' COUNCIL
PRESIDENT
Mr. Greg MacKenzie
64 MacKinnon Street
Antigonish, Nova Scotia B2G 1M2
Telephone: 863-3649

CAPE BRETON
PRESIDENT
Mr. John Clark
23 Emery Street, Nova Scotia
Glace Bay, Nova Scotia B1A 2R9
Telephone: 849-2316

COLCHESTER, EAST HANTS
PRESIDENT
Mr. Garth Bain
R.R.#2, Debert
Colchester Co., Nova Scotia B0M 1G0
Telephone: 662-2855

CUMBERLAND COUNTY COUNCIL OF SENIOR CITIZENS
PRESIDENT
Mrs. Gladys Forshner
21 MacDougall Street
Springhill
Cumberland Co., Nova Scotia B0M 1X0
Telephone: 597-8744

DARTMOUTH SENIOR CITIZENS' COUNCIL
PRESIDENT
Ms. Ruby Walsh
Roseway Drive, Building 3
Unit 10, Dartmouth
Halifax County, Nova Scotia B2Y 4L3
Telephone: 465-1356

DIGBY COUNTY
PRESIDENT
Ms. Ruth Jago
R.R.#4
Digby County, Nova Scotia B0V 1A0
Telephone: 834-2199

HALIFAX
PRESIDENT
Ms. Lucy Riley
6095 Coburg Road
#260
Halifax
Halifax County, Nova Scotia B3H 4K1
Telephone: 429-1585

HALIFAX COUNTY
PRESIDENT
Mr. Ross Peppard
30 Irene Avenue
Lower Sackville, Nova Scotia B4E 1H5
Telephone: 889-2188

HANTS COUNTY(WEST)
PRESIDENT
Vivian MacMillan
44 Underwood Street
Windsor
Hants County, Nova Scotia B0N 2T0
Telephone: 798-4913

INVERNESS-RICHMOND
PRESIDENT
Mr. Fred Wildsmith
Port Hawkesbury
Inverness County, Nova Scotia B0E 2V0
Telephone: 625-2183

KINGS COUNTY
PRESIDENT
Ms. Joyce Woodworth
Berwick, Nova Scotia B0P 1E0
Telephone: 538-8431

LUNENBURG
PRESIDENT
Mr. Fred Turpin
R.R.#1, Hubbards
Halifax County, Nova Scotia B0J 1T0
Telephone: 228-2337

PICTOU COUNTY COUNCIL OF SENIOR CITIZENS
PRESIDENT
Mrs. Margaret MacKinnon
Pictou County Council of Senior Citizens
c/o Valley View Villa
Pictou County, Nova Scotia B0K 1A0
Telephone: 755-5780

SHELBURNE COUNTY
PRESIDENT
Ms. Norah Swansburg
Little Harbour
Shelburne County, Nova Scotia B0T 1L0
Telephone: 656-2152

YARMOUTH COUNTY
PRESIDENT
Ms. Edith Greene
West Pubnico
P.O. Box 126
Yarmouth
Yarmouth County, Nova Scotia, B0W 3S0
Telephone: 643-2783

Information Re: Societies Act

Senior Citizens' Clubs wishing to incorporate under the Societies Act should become familiar with the following information:

SOCIETIES — INCORPORATION OVERVIEW AND INSTRUCTIONS

Incorporation of a non-profit organization is a purely voluntary action and it is not mandatory upon the members to form a body corporate.

Results of Incorporation

The Societies Act was proclaimed in 1953 as a vehicle under which any five or more persons wishing to incorporate a society may do so by submitting certain documentation to the Registrar of Joint Stock Companies, society under this Act is effected in the same manner as the creation of a corporate body under the Companies Act, that is to say a society under this Act is a corporate entity separate and apart from the members with the power to hold property and carry on the objects as set forth in the Memorandum.

Limitation of Incorporation

Subject to Section 4 of the Societies Act, any five persons may, by subscribing to a Memorandum of Association, submitting by-laws and a list of first directors, form a society. The purpose for which a society may be incorporated is restricted to the items set out in Section 2 cited as follows:

> "A society may be incorporated under this Act to promote any benevolent, philanthropic, patriotic, religious, charitable, artistic, literary, educational, social, professional, recreational, sporting or any other useful object, but not for the purpose of carrying on any trade, industry or business."

Advantages

The reasons or advantages for incorporation may be divided into several categories:

1. **Protection of Name** — prior to incorporating, the name must be approved by the Registrar to ensure that it is not currently being used by any other organization, be it a body corporate or a partnership, in this province.
2. **Public Record** — through incorporation, the objects of the organization are placed on public record so that any individual may ascertain the purposes of the society by simply checking the records at the Joint Stock Companies Office.
3. **By-Laws** — one of the most common frailties of non-profit organizations is the continual transfer on an annual basis of the books and records from one secretary to another. In many cases, the original by-laws of the association are misplaced and consequently time may be wasted at the annual or special meetings determining the correct method of conducting meetings, powers of directors, appointment of officers, etc. The secretary may request a photocopy of same to ensure that the method of transacting business is done according to the regulation laid down by the society.
4. **Personal Liability — under Section 25**
   "No member of a society shall, in his individual capacity, be liable for any debt or liability of the society beyond the amount of any suscription, dues or fees payable by him to the society."
   The society may sue or be sued under its legal entity.
5. **Tax-exempt Receipts** — Incorporation under the Societies Act does not give the society the right to issue receipts which may be used by the donor for income tax exemption purposes. Should a society wish to grant tax receipts, application must be made to Revenue Canada.
6. **Grants** — in most cases, any government department which provides grants to non-profit or charitable organizations insists on the organization becoming incorporated prior to the approval of the grant.

How to Incorporate

In order that incorporation may be effected under the Societies Act, certain documentation must be filed with the Registrar as follows:

1. **Name Approval** — Prior to incorporation, the proposed name of the society must be reserved by the office of the Registrar of Joint Stock Companies (424-7770).
2. **Memorandum of Association** — the Memorandum of Association must state:
   (i) the name,

- (ii) the objects or purposes for which the society is to be incorporated,
- (iii) the proviso clause with respect to the carrying on of business and that no profits will accrue to the members,
- (iv) term or condition respecting dissolution or winding up,
- (v) the registered office of the society,
- (vi) the general geographic area where the activities are to be carried on,
- (vii) the Memorandum is to be subscribed by a minimum of five individuals, signing in their own handwriting their names, addresses and occupations. All signatures are to be witnessed by an individual who is not one of the subscribers.

3. **By-Laws** — the By-Laws are the everyday rules of management and contain certain clauses with respect to membership, appointment of directors, duties of directors, appointment of officers, duties of officers, financial reporting, method of calling and conducting meetings, etc.

4. **Typewritten List of Directors** — this list contains the names, addresses and occupations of the first directors of the society and said list will indicate the expiration of their term of appointment. This is usually done at the next annual general meeting.

5. **Fees** — incorporation fees are minimal — $5.00.

6. **Recognized Agent** — Statute now requires that all corporations incorporated under the Societies Act appoint a recognized agent. The recognized agent is an individual residing in the Province of Nova Scotia upon whom any Notices, bills, or documents may be served and service of same deemed to be sufficient service upon the society. It is recommended that you select some individual who would be a permanent resident of the area to act in this capacity as the recognized agent. This individual need not be a member of the organization. It is quite common for a society to appoint a local solicitor, physician or clergyman to act in this capacity.

7. **Annual requirements** — subject to Sections 17 and 18 of the Act, every society must file annually:
   - (i) a list of directors as appointed at the last annual meeting, setting out their names, addresses and occupations, and dates of appointment. A list should also be filed any time during the year in which a change of directors has occurred through vacating of office, dismissal, etc.
   - (ii) a financial statement must be filed annually. This statement must include a balance sheet and income statement. A copy of the report filed at the annual meeting is sufficient.

8. **Amendments** — Any amendments under the Societies Act may only be effected by special resolution — a special resolution being a resolution passed by a minimum of three-fourths of the members present, either in person or by proxy where proxies are allowed, at a meeting duly called and convened for the purpose of passing said resolution — and must be approved by the Registrar before taking effect. The directors have no power to alter the By-laws of the Memorandum of Association.

A special resolution must be passed for such items as name approval, alteration of the objects and purposes of the society, amending the by-laws, and borrowing of money.

For further information contact:

Registry of Joint Stock Companies
Main Floor, Centennial Building
1660 Hollis Street
P.O. Box 1529
Halifax, Nova Scotia B3J 2Y4
Telephone: 424-7770

Good Nutrition

Food choices for older adults are affected by a number of factors. Disability and illness, depression and loneliness, reduced income and possible changes in living environment can lead to inappropriate food practices. A number of problems experienced by this age group — lack of energy, bone fragility, constipation — are aggravated by poor food habits. CANADA'S FOOD GUIDE also provides a framework for wise food choices for this age group.

Because physical activity may be further reduced in older adults, energy requirements are less. However, nutrient needs do not decrease. Wise food choices for this age group are those of higher nutrient density, namely foods providing nutrients without being high in energy content. A reduction in the use of additional foods and beverages is advisable.

Unfortunately, some older adults let dental problems and rising food costs interfere with their food intake, especially of FRUITS AND VEGETABLES. This can lead to inadequate intakes of vitamin A, vitamin C, thiamin, folacin and fibre. Carefully prepared and cooked fruits and vegetables and juices can provide these nutrients.

Osteoporosis, a condition of decreased bone density and weakened bone structure, is a serious problem, particularly in older women. One probable cause is inadequate calcium and vitamin D intake over a period of years. Continued emphasis on MILK AND MILK PRODUCTS is needed in the senior years.

In cases where depression and loneliness are affecting food intake, a change in social environment may be the solution. Sharing meals with friends, participating in community meal programs or simply watching television while eating can make mealtimes more enjoyable. Meal delivery programs are also available in some communities.

If older adults are having difficulties changing eating habits to adapt to reduced financial resources and health problems, nutritionists and dietitians can provide some practical answers.

Eating a variety of foods from each of the Canada's Food Guide groups should provide you with all the necessary nutrients for a well-balanced diet.

These are the 4 groups:

1. Milk and Milk Products
2. Breads and Cereals
3. Fruits and Vegetables
4. Meat and Alternates

The Food Guide recommends a daily intake for an adult of:

Milk and Milk Products (2 Servings). One Serving Examples:

- 250 ml (1 cup) whole milk, skim milk, buttermilk, 2% or reconstituted evaporated milk
- 250 ml (1 cup) yogurt or cottage cheese
- 45 g (1/2 oz.) cheddar or process cheese

If no milk products are consumed, calcium may be acquired through eating canned salmon (bones included), broccoli, sardines, soy products, and nuts.

Breads and Cereals: (3-5 servings). One Serving Examples:

- 1 slice enriched or whole grain bread
- 125 - 250 ml (1/2 - 1 cup) cooked or ready to eat cereal
- 1 roll or muffin
- 125 - 200 ml (1/2 to 3/4 cup) cooked rice, macaroni, spaghetti or noodles

Fruits and Vegetables: (3-5 servings). One Serving Examples:

- 125 ml (1/2 cup) vegetable, fruit or natural juice
- 1 medium potato, carrot, green pepper, tomato, apple, banana, orange

At least two of the servings should be of vegetables.

Meat and Alternatives (2 servings). Examples of a Serving are:

- 60-90 g. (2-3 oz.) cooked meat, poultry, fish, liver
- 80 ml (1/3 cup) canned tuna or salmon
- 60 ml (4 tablespoons) peanut butter

- 250 ml (1 cup) baked beans
- 2 eggs
- 80-125 ml (1/3 - 1/2 cup) seeds and nuts

Anyone wishing to obtain a copy of Canada's Food Guide at no charge can write or call their local Health Department for specific nutrition information; a community health nurse is also available for consultation.

Mealtimes Are Social Times

Seniors should try to have company during meal time, whether it be a friend, a pet, a radio, T.V., or even a favorite book.

With this idea in mind, groups of seniors may wish to arrange to eat meals together. Homes for Special Care, schools or clubs with dining areas could invite seniors to join them in a meal. Some groups have formed supper or luncheon clubs to enjoy good food and company. Car pools and volunteer tansportation can be arranged to include those who are not independent in transportation. Some Homes for Special Care and clubs exchange a very inexpensive meal in return for volunteer time from a senior to play the piano, sing, read to the blind, or write a letter. The old familiar pot luck supper is also a good way to bring people together from various locations.

Information on nutrition and food is available from the regional office of the Department of Health.

Coping With Death

THE WAY AHEAD

The loss of a loved one, a job, or a home can be as great a shock to the system as an illness or surgery. Just as you would postpone major decisions while healing from surgery, so also you should postpone them while healing from the emotional wound of a loss. Decisions regarding future lifestyle, property or moving to new living quarters can usually be postponed for a number of months without too much difficulty.

FUNERAL PLANS

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements or bequeathing the body for medical research or organs for use by others.

Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by eliminating the items you consider to be least important. Cremation is one alternative available.

In situations where there is little or no money available for funeral expenses, assistance may be available through the Municipal Social Services office. If the deceased was receiving War Veterans' Allowance, the Department of Veterans Affairs (p. 10) may also provide some assistance.

For members of religious organizations please remember to call your clergyman first.

LAST POST FUND – VETERANS' FUNERAL SERVICES

The Last Post Fund is a non-profit National Corporation founded in 1909 at Montreal which now has branches across Canada.

Its purpose is to assist with the costs of funeral and burial of Canadian War Veterans, in Canada or abroad, who at time of death have limited financial means. Veterans of Canada's Wartime Allied Forces who die in Canada in similar circumstances are also eligible for the same assistance.

Funerals and burials provided by the Last Post Fund are normally conducted at or near the place of death and cover the cost of the full services of a funeral director, a suitable polished hardwood casket and the full interment costs. The cost of cremation can also be provided.

The fund also arranges for the fabrication and placement at the grave site of a suitably inscribed granite marker.

To qualify for these benefits the deceased person must have served on an active basis during periods of war in which Canada was involved as follows:

South African War	11	Oct. 1899–31 May 1902
World War II	04	Aug. 1914–14 Aug. 1921
World War II	01	Sept. 1939–30 Sept. 1947
Korean War	05	July 1950–31 Oct. 1953

For World War I and World War II the theatre of service is inconsequential. Those who served only in Canada would be eligible. For the Korean War, personnel must have served in the Korean theatre.

In addition to Armed Forces personnel, anyone who served in an active civilian capacity during any of these war periods, such as members of the Merchant Marine, Nursing Auxiliary personnel of the Canadian Red Cross Corps, etc., may also be eligible for this same assistance.

The central office of the Last Post Fund for the three Maritime Provinces is at the following address:

Last Post Fund — Maritime Branch
Suite 310, 6080 Young Street
Halifax, Nova Scotia B3K 5L2
Telephone: (902) 455-5283

Also through a telephone answering service, phone calls can be made at any time the office is not open. From within the Maritimes all long distance calls, either to the office or the answering service, will be accepted on a “collect call” basis (reverse the charges).

If the next of kin of a deceased veteran wishes to take advantage of this service, the Last Post Fund should be contacted before any arrangements are made with a funeral director. In this circumstance the Fund will arrange for the funeral directly with the undertaker on behalf of the next of kin and the costs will be billed directly to the Fund.

For more detailed information regarding eligibility, etc. the Last Post Fund should be contacted at the above address and phone number.

DEATH CERTIFICATE

In most situations funeral directors look after the arrangements and have the death certificate submitted to the Deputy Registrar General.

If you require copies of the death certificate for any purpose, they may be obtained for a fee of $5.00 each at the following location:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
Telephone: 424-4373
424-4380

DEATH BENEFITS

Several pension plans provided by the government, by companies or privately, include survivor benefits. All sources of income for the deceased should be checked to see what kind of provisions are made for survivors. Because of the different ways pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. If you need assistance with this task, consult an accountant.

MAKING THINGS EASIER FOR THOSE YOU LEAVE BEHIND

The period following a death is a highly emotional time, and basic pre-planning can spare your friends and family some agonizing decisions, confusion, worry and legal entanglements.

Making a Will

Many potential problems and delays may be avoided by drawing up a will. You may feel it isn't worth it because you have so little to leave but you probably have more than you realize. It is advisable to have your will drawn by a lawyer. The fee is minimal and well worth the investment. If you don't have many assets and your finances are straightforward, you can write your own will without professional assistance. Standard forms are available at most stationery or office supply stores, and you will need two competent adults, who are not mentioned in the will, to act as witnesses to your signing. The witnesses must be present with the testator and witness him or her signing the will, and also witness each other signing the will.

If your will is quite complicated and detailed it is best to have it done by a lawyer. Legal Aid and Lawyer Referral (p. 59) can provide assistance in such situations, or contact your own lawyer.

It is important that you keep your will in a safe place and that the executor of the will knows where that place is.

As soon as there are significant changes in your estate, your will should be updated.

If your will appoints no executor or if the executor, though appointed, is unable or unwilling to act, the Court may authorize "an administrator with will annexed" to administer the estate in accordance with the will. If there is no will, the Court may authorize an "administrator" to administer the estate according to the laws of inheritance. Your next-of-kin resident in Nova Scotia is eligible for appointment by the Court to be "administrator" or "administrator with will annexed" of your estate. The Public Trustee is likewise eligible for appointment and may, on his own initiative, apply to the Court for and be granted authority to administer your estate when others who are eligible to do so have not applied. In certain circumstances, the Public Trustee may be entitled in priority to all other persons to apply for and be granted appointment as administrator or "administrator with will annexed."

The Public Trustee will act as executor of an estate when appointed by a will to do so.

Public Trustee of Nova Scotia
P.O. Box 685
Halifax, Nova Scotia B3J 2T3
Telephone: 424-7760

Arranging Your Affairs

Do you know where your important papers and documents are located? Are they together, or scattered? Have you forgotten where you stored what?

It is unlikely that your survivors can find these papers if you do not know where they are. Several of your immediate family or friends should be entrusted with the locations of your important documents (of course, it is handiest if in one location). This matter is simply done by preparing a personal record listing the locations of the following:

- birth certificate
- social insurance number
- marriage certificate
- safety deposit box and keys
- securities and records
- power of attorney
- burial plans
- armed services record
- Old Age Security number
- will
- insurance policies
- mortgages
- deeds
- tax bills
- leases
- debts
- bank accounts

Funeral Arrangements

Although the topic may be very distasteful to you, it is very practical and becoming increasingly more acceptable to pre-plan certain funeral arrangements. Information regarding your funeral plans and any burial plot you may have purchased should be included in your personal record. Make sure you understand all the conditions of these various transactions and have them in writing before signing anything.

You may not wish to make such extensive plans, but you should leave instructions as to your wishes.

THE GREATER HALIFAX MEMORIAL SOCIETY

Greater Halifax Memorial Society is a volunteer association which provides information for the purpose of promoting:

(a) an understanding of death and an ability to cope with grief;

(b) pre-planning of final arrangements before the time of grief and shock;

(c) awareness of alternative final arrangements including cremation, human parts donation, gifts of bodies to medical science, etc.;

(d) the choice of 'living memorials' as tributes to the deceased; and,

(e) use of the Living Will.

For membership telephone 865-6384 or write
Mrs. Marg Brown
Greater Halifax Memorial Society
P.O. Box 56
Lower Sackville, Nova Scotia B4C 2S8.

COMMUNITY CONTACT FOR THE WIDOWED

The Community Contact for the Widowed offers social and educational programs for those who have been recently widowed. The Association coordinates a widow-to-widow/widower-to-widower support program and provides information, referrals and emotional support as well as professional help if requested.

The Association aims at developing a community awareness of the problems of bereavement.

For further infomation contact:

Mrs. Doris Bryson, President
1725 Garden Street
Halifax, Nova Scotia B3H 3R5
Telephone: 422-6950

For one-to-one widowed support program contact:

Mrs. Ida Zifkin, Chairperson
6366 Pepperell Street
Halifax, Nova Scotia B3H 2P4
Telephone: 422-5609

The Association meets monthly (September to June) at Spencer House Senior Centre.

For additional helpful information read:

Survival — A Sourcebook For Widows, published by the Nova Scotia Advisory Council on the Status of Women and available for $1.50 from the
Provincial Government Bookstore
P.O. Box 637
1700 Granville Street
Halifax, Nova Scotia B3J 2T3

When You Move

Service organizations you should notify include:

YOUR BANK

Consult with a bank representative to determine the closest branch to your new location for the transfer of your account. Today, with electronic banking, transfer of funds is practically instantaneous. Chances are your money will arrive before you do.

TELEPHONE

Phone your local business office to cancel your phone and inquire about obtaining a new phone number at your new location. If you own your own phones, or have telephones with jacks, remember to take your phones with you. New buildings may not have jacks already installed. So check to determine if jacks are available for telephone hook up.

ELECTRICITY

Cancel your electricity and make arrangements to have power turned on at your new location.

THE POST OFFICE

Mail change of address cards, which you get free from the post office, to friends and relatives. Notify important services and offices about such things as pension payments, etc. Make arrangements with the local post office to have your mail forwarded. Canada Post charges $9.50 for four months service.

HEATING FUEL

If your home is heated by gas, inform the gas company that service should be discontinued. Inform the oil delivery company to discontinue oil delivery and arrange payment from the new tenant/owner for the remaining oil in the tank.

WATER

Notify the municipality so that the water meter can be read for billing purposes on the day you move.

CREDIT CARDS

Make certain that you inform companies with whom you hold credit cards of your change of address. Most of the major credit card companies provide a change of address form on the return envelope flap.

TEMPORARY PHONE

During the moving process try to make arrangements with a friend or neighbour for emergency calls.